





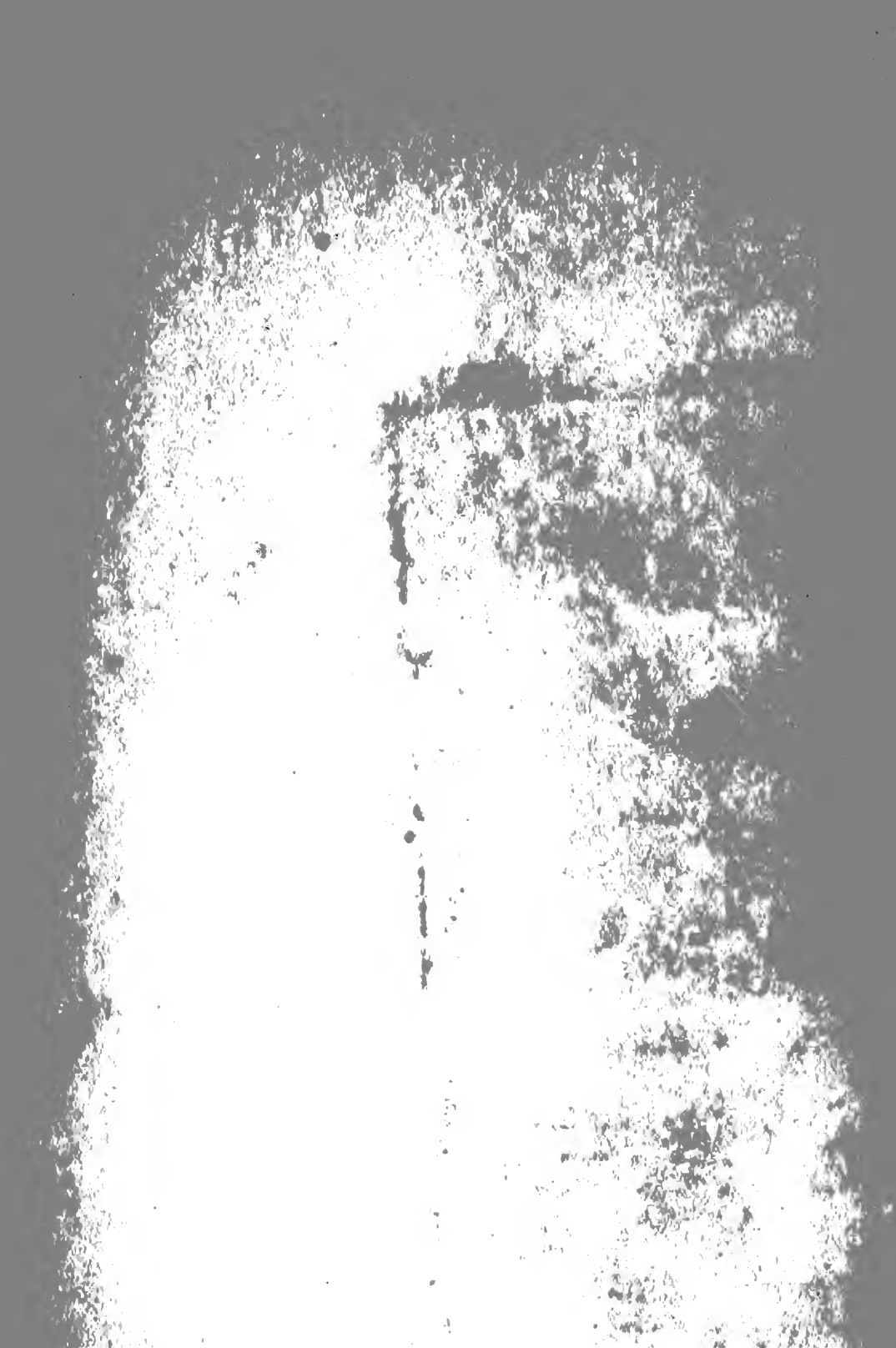
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# NEW PRESENTATION OF COOKING WITH TIMED RECIPES

BY  
AUGUSTE GAY  
WITH THE COLLABORATION OF  
ANNE PAGE



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**AUGUSTE GAY AND ANNE PAGE**

# Why This Book Has Been Written

With our present highly complex civilization in America, the modern woman has many calls on her time. Much as she might desire in preparing food to work out her own recipes, as her grandmother did, she cannot afford to take the time from other equally important activities.

During the past few years there has been an enormous increase in the number and variety of foods and dishes on the American table. This makes the selection for a given meal a difficult task. It is simple, however, to decide on the time to be set aside for the cooking of the meal.

In order to simplify the work of the housewife, we have adopted an **entirely new** method of compiling recipes. For as many dishes as was possible, we have divided the recipes according to the time necessary for their **preparation and cooking**. And we have made a specialty of recipes for dishes which can be prepared and cooked in 15 minutes, in 30 minutes, and in 45 minutes.

For the woman who likes to collect new recipes, we have incorporated in this book certain charts and formulae giving the fundamentals of proportions which will not only enable her to verify these recipes, but to develop new ones of her own. We have also left blank pages at the end of the book for her convenience. We have devoted unusual space to Bread, Pastry and Preserving, because most cook-books, unfortunately, are inadequate in these three branches of cooking.

A good cook is one who can make food so palatable that any one will enjoy it. But to be a good cook it is necessary to know the fundamentals of food products and of cooking. We strongly recommend, therefore, that the housewife familiarize herself with the charts, general information and practical hints to be found in this book. She will find that her work grows less difficult as she gains in knowledge of the fundamentals of cooking.

Good cooking is creative. It means not only the creation of edible dishes, but the re-creation of men, women and children. It is an art. And because it is the most useful and the most necessary, it is the greatest of all arts.

Cooking is more than an art; it is a science. And because it is a science, we have been able to reduce the complicated recipes of our grandmothers' day to simple, easily prepared and more easily understood principles, and to add many more recipes of which our grandmothers knew nothing.

The experience of thirty years in the theory and practice of food preparation has gone into the writing of this book. During that time we have studied many books, pamphlets, notes, reports and statistics. To their authors we make grateful acknowledgment.

We have condensed our information into a form which will be readily understood. If intelligently and properly used, this book with its time and labor saving devices will be of real use in solving one of the biggest problems of the housewife of the present day.

AUGUSTE GAY  
ANNE PAGE



AUGUSTE GAY

# The Author of the Book

Mr. Auguste Gay, the author of this book, is peculiarly fitted by virtue of his training and experience to place before the housewives of America the best, most palatable, most wholesome and most easily and economically prepared dishes that the increasingly high standard of American living demands.

Mr. Gay was educated in medicine and dietetics in Paris, where he was born. He has traveled extensively in different countries all over the world, and during his travels made an exhaustive study of food products, their characteristics and nutritive properties, and of food chemistry. He is one of the foremost authorities in the United States on these matters and on cuisine. He is a consulting expert and lecturer on food, nutrition, cooking and home economics. His recognized ability won him the coveted position of Chairman of the Jury in two Culinary Exhibitions in Montreal and two in New York.

That Mr. Gay is recognized as an authority on American cooking is shown by the fact that he was requested to work in an advisory capacity with the Food Administration during the war. He is the man who won the prize offered by the Food Administration for the best war time bread. His bread was later popularly known as the Liberty Bread.

When the United States in 1917 was faced with the problem of a large army to feed and no available cooks, Mr. Gay was made Chairman of the Examining Board of U. S. Army Cooks for New York City. In two months he examined over 3000 cooks for the army. He was then made Instructor of Military Cooking at Columbia University in New York City.

It can easily be seen that Mr. Gay has had unusual experience. He believes in simple dishes which are wholesome and easily cooked. This is not because he does not know the more complicated ones—he has invented many of them himself. He has had charge of the cuisine and the training of chefs in many of the best known hotels all over the world.\*

As an expert Mr. Gay recommends simple dishes which are easy of preparation. And he has an extraordinary knowledge of how to save time and trouble. His unusual recipes are always easily understood and easily prepared. They are without frills.

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\* Some of the better known places in which Mr. Gay supervised the cuisine are: The Duke of Wellington's House, London, England; Grand Hotel, Brussels, Belgium; Bristol Hotel, Vienna, Austria; Czar of Russia, Petrograd, Russia; the French Embassies in Moscow, Russia, and Constantinople, Turkey; Sheppard's Hotel, Cairo, Egypt; Grand Hotel, Rome, Italy; Continental Hotel, Paris, France; the Ritz Carlton Hotels in New York City and Montreal; and the Yale Club in New York City. While he was in New York, he was the President of the Chefs de Cuisine Association of America.

He knows the difficulties connected with the preparation of foods in the home, and wishes to place the knowledge he has gained through thirty years of experience at the disposal of the American housewife.

Mr. Gay's recognized experience and ability have ideally fitted him to work out my long cherished idea of providing the American housewife with timed recipes to simplify her work. It has been a great pleasure to be associated with Mr. Gay in the consummation of this plan, especially as his recipes, charts and general information have made the book invaluable to the housewives for whom it was intended.

ANNE PAGE



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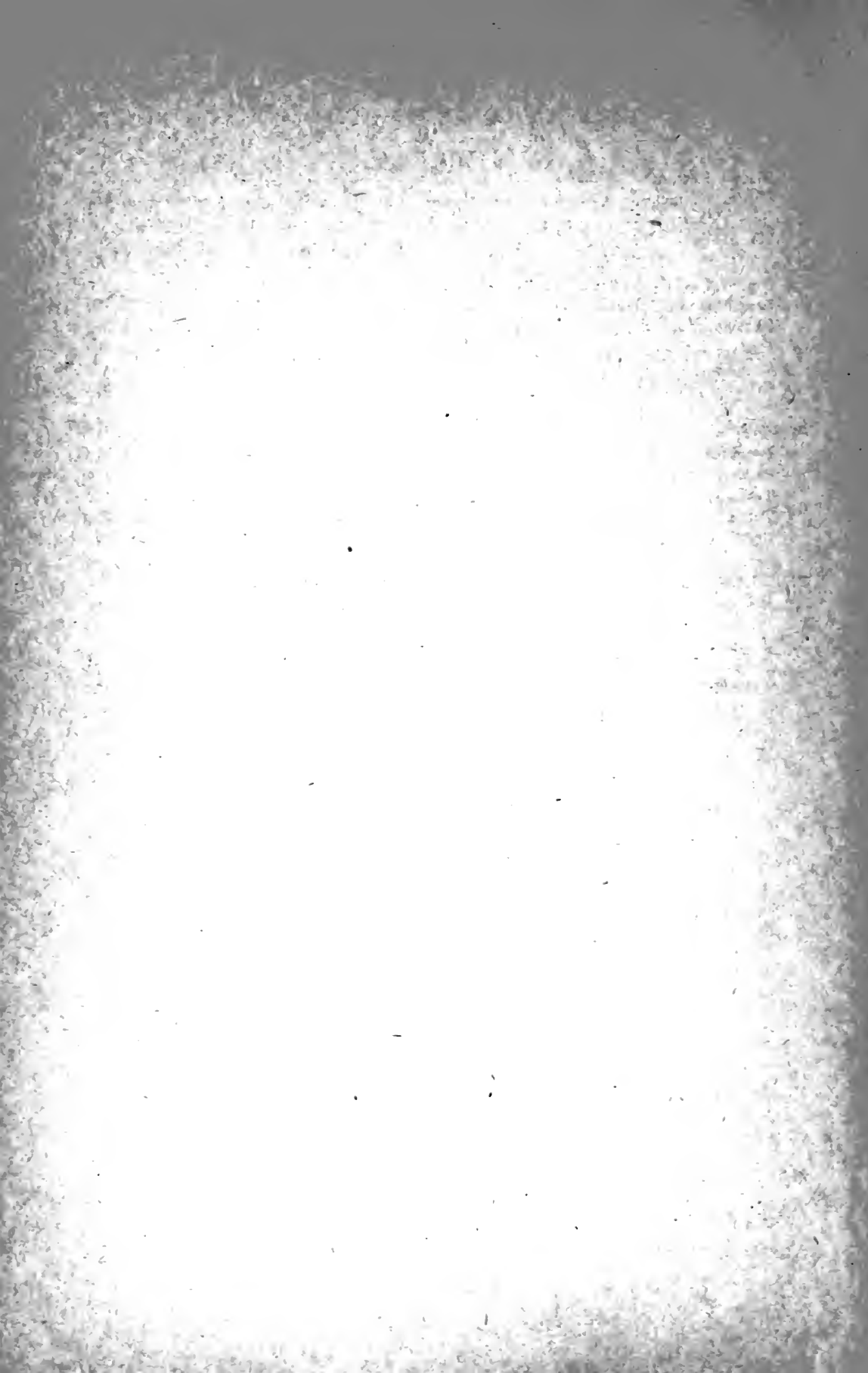
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# Food and Nutrition Knowledge

Food consists of the articles of animal or vegetable origin which form the diet of man, and is anything which nourishes the body, including water.

The human body is a self building, self repairing, self regulating machine. Give it proper food and it will run itself.

All the tissues and organs of the body are made up of microscopic living cells, each of which feeds and repairs itself from the food which is brought to it by the blood, and receives the energy for its work from the heat caused by the housing of this food in the cells.

The heat or energy produced by the digestion of food is measured in **calories**. A calorie is the amount of heat required to raise the temperature of 1 pound of water 4 degrees F.

The human body uses about one-third of its energy for muscular work and the other two-thirds in maintaining the body heat.

To live man requires certain substances called **food principles**. They are:

**Water**

**Mineral Matter**

**Protein**

**Carbohydrates and Fats**

**Vitamines**

**WATER.** Water is a vital foodstuff. It makes up about two-thirds of the whole weight of the human body and keeps it in good working condition. It helps the body to eliminate its waste material. Water forms the largest part of most food material. It is abundant in fruits and vegetables, but is insufficient in these alone to supply the needs of the body. Additional water to drink, therefore, is necessary to the body's upkeep.

**MINERAL MATTER.** Mineral matter builds bones and tissues and increases the production of blood. It is found in all animal and vegetable food in varying quantities.

**PROTEINS.** The proteins build new muscles and flesh and do the repairing work in worn out parts. They come chiefly from eggs, milk, fish, meat, peas, beans, cereals, cheese, etc.

**CARBOHYDRATES AND FATS.** The carbohydrates and fats are burned in the body to furnish heat and energy. The carbohydrates furnish energy and heat, while the fats and oils store up energy and heat to be used later as needed by the body. The two most essential carbohydrates are starch and sugar. They are found in vegetables, legumes, fruits, cereals and grains, bread, sugar, syrup, jam, etc. We get our fats chiefly from fats of meats, oils, nuts, milk, cream, butter and olives.

**VITAMINES.** Vitamines are food adjuncts necessary to maintain life, promote growth, and protect the body from various diseases. Lack of them in the diet tends to interfere with growth and break down health. There are three of these vitamines, as follows:

**Vitamine A**—is usually found in foods showing a yellow or green color and in fats, meats, fish, butter, cheese, etc.

**Vitamine B**—is found in most fruits, green vegetables and grains.

**Vitamine C**—is found in many raw foods, principally in acid foods.

Vitamines are destroyed (especially Vitamine C) by high temperature. Vitamines, therefore, are destroyed in all canned foodstuffs, exception being made in the case of tomatoes which retain some of their Vitamine C principle after long heating. It will readily be seen that fresh vegetables are much healthier and more nourishing than canned.

To be healthy, well, strong and happy we must have some of all of these different kinds of foods daily. (See tables on pages 22 and 23.)

### What Food Must Do:

- Keep the blood in good condition.
- Give energy to the body for work.
- Make the body strong.
- Keep the body in good condition.
- Build and repair the body.

### Reasons for Cooking Food:

- To develop or change the flavor of foods.
- To destroy germs producing diseases which may be present.
- To prevent food from spoiling quickly.
- To make food easier to digest.
- To make food easier to chew.
- To make food more attractive.
- To add variety in ways of serving food.

### Principles of Cooking

Cookery or cooking is the art of preparing food for the nourishment of the body.

Cooking should be an essential branch of the education of man or woman.

Every precaution should be taken to insure cleanliness in cooking food. This is important not only to avoid pollution, but also to prevent the possible transmission of disease.

The principal cooking methods used are classified and described as follows:

**BAKING**—is cooking in an enclosed space with confined heat, as in the oven. We bake bread, cakes, fish, meats, special entrees, vegetables, puddings etc.

**BOILING**—is cooking by immersion in boiling water. We boil meats, vegetables, fruits, cereals, poultry, fish, eggs, etc. **Steeping, Percolating, Infusing**, are special processes related to boiling and are employed in the making of tea, beverages, coffee. **Coddling** is the immersion of food in boiling hot water which is allowed to cool gradually without further application of heat. We coddle eggs, berries, tender vegetables.

**BRAISING**—is cooking by stewing and baking combined. We braise large pieces of meat, poultry, fish and some vegetables requiring long cooking and slow absorption of added juices and ingredients. This is an economical way of cooking and produces the most easily digested dishes. Casserole or escaloped cooking is a form of braising.

**BROILING or GRILLING**—is cooking under, in front of, or over direct heat or fire. We broil, or grill, meat, fish, poultry, vegetables. When bread or similar food is thus treated, it is termed **toasting**.

**FRYING**—is cooking by immersion in hot fat or oil or by contact with hot fat or oil. We fry meat, fish, vegetables, eggs, batters, croquettes, doughnuts, etc.

**ROASTING**—is cooking in front of a fire or in an oven. When food is roasted in the oven, a small amount of water should be added. The liquid so formed is used for basting the food from time to time. We roast meat, poultry, fish and a few vegetables.

**SAUTEING**—is cooking by frying in a small amount of fat, generally by the use of a frying pan or griddle. The food is cooked on one side, turned, and cooked on the other. We sauté fish, meat, eggs, vegetables, some fruits, etc.

**SIMMERING**—is cooking in a liquid at such temperature that after the boiling point has been reached the bubbles should always be below the surface. We simmer ham, dry beans, some soups, corned beef, tongue, etc.

**STEAMING**—is cooking over boiling water or in live steam in some special device, of which a double boiler is the most common. The food is placed in a container which in turn is partly immersed in constantly boiling water or live steam. We steam puddings, some kinds of breads, cereals, fruits, vegetables, fish, etc.

**STEWING**—is cooking by means of a very small amount of boiling liquid at a low temperature until the food is tender. By stewing all the nutriment is retained in the food and in the food juices. We stew meats, fish, poultry, vegetables and fruits.

Lately a new method of cooking, by **fireless cooker** has been resorted to. The food is placed in insulated air spaces and cooked by the retained heat supplied by hot stones, hot iron plates or some similar means. The results so far of this method of cooking are not very satisfactory.

## Advice in Cooking

Before thinking about recipes, think whether you are really ready to work.

### BEFORE COOKING

Wear a clean apron.

Have a clean hand towel.

Wash the hands and clean finger nails.

Think out a list of utensils needed and get these out first.

**WHILE COOKING**

Read directions or recipes.  
Carry materials which will spill with a pan under them.  
    into it. Never lay them on the table.  
In tasting: food always use a tablespoon.  
In measuring, level with flat side of the knife.  
Measure over a plate or tin.  
Sift flour or floury material before measuring.

**WHEN COOKING IS DONE**

Pile and scrape all utensils.  
All utensils must be rinsed and washed at the first minute possible.  
Put back everything in place.

## Thrift in Cooking

Be proud to be known as a thrifty cook.  
Make saving, rather than spending, your social standard.  
In your own mind try to answer these questions—they will help you to save money and food:

Do you store your food in such a way that it never spoils?  
Are you using more foodstuffs than you need?  
Are you wasting any food?  
Are you using some cheap substitute for expensive foods?  
Do you let cooked leftovers spoil?  
Do you save and use all meat trimmings, bones and fat?  
Do you pare vegetables or fruits carefully so as not to waste?  
Do you scrape out mixing bowls, stew pans and sauce pans thoroughly?

Do you try to use even the last quarter cup of your milk?

Free yourself from food prejudice. Cease to say "don't like" or "can't eat."  
Try to eat it and get used to it.

Train yourself to thrift in cooking and tell others of your successes in doing so.

Vegetables and fruits are savers of some other foods in a menu. For example:

**MEAT SAVERS**

peas  
corn  
Beans (Lima-Boston)

**CEREAL SAVERS**

potatoes  
fruits

**SUGAR SAVERS**

beets  
corn  
sweet potatoes  
all fruits



## Good Food Habits

Eat slowly.

Chew thoroughly.

Drink milk or eat dishes prepared with milk.

Do not eat when excited or in a hurry. He who has no time to eat has no time to live. Be happy while eating.

Quiet aids digestion.

Drink 5 to 6 glasses of water every day.

Eat meals at regular times.

Eat some vegetable other than potatoes each day.

Eat some fruit each day.

Candy and other rich sweets when eaten between meals spoil the appetite for the necessary food for the next meal.

# Meal Planning

Every woman who cooks for a family should know how to select and prepare the right foods in the right amount.

A well planned meal, or correct diet, should include in the meals of each day foods which will build up the body, repair any worn out parts, and provide heat and energy. If this is accomplished, the body will be in good working order.

Effective meal planning can be done by following only a few rules.

If there are **children** in the family, serve **milk** or **milk dishes** **every day**.

Provide a variety of fresh, dried, or cooked fruits at least once a day.

Give the family simple meals, made up of a few, but varied dishes.

For every meal, breakfast excepted, serve two different kinds of raw or cooked vegetables.

Give the children plenty of bread, butter, eggs, vegetables, fruits and a little meat. Have also at least once a day some simple sweets.

Serve a fruit at breakfast for children or adults, and if practical serve a soup at dinner.

Many housewives feel that persons doing heavy outdoor manual work, require much meat in their diet. This is not true. A well balanced meal will give all that is required by the body.

To insure variety in the meal, if the housewife doubts her ability to give her family the right diet, she should consult cook books, booklets, or any literature, such as circulars or magazines. They will be of great help.

The meals of the day should be planned in such a way that they meet the needs of the several members of the family.

The greater part of the meal should be simply prepared and easily digested. Sweets, desserts, cakes, candies are very desirable foods, but should be used in small quantities.

When possible, begin breakfast with a fruit, dinner with a soup—they stimulate the flow of the digestive juices.

Meals should be planned so that there will not be a sameness of flavor, form or texture. For instance, do not serve at the same meal potato soup and potato salad, or several dishes with onions.

Try to serve a moist food with a dry food, or crisp food with a soft food.

Remember that in the summer the body requires less food than in the winter.

Keep a balance between the different courses in the meal. Serve a light dessert after a heavy course and vice versa.

All legumes except a few are deficient in fat and should have it added in some form.

Never give tea or coffee to children.

Remember also that **water** is a food.

Meals should be served at regular times.

The meals are named below in the order in which they are eaten:

**Breakfast**

**Lunch**

**Dinner**

**Supper**

**Breakfast** is the first meal taken in the morning.

**Lunch** is the meal taken at noon.

**Dinner** is the meal served in the early evening.

**Supper** is the meal served late in the evening.

This little chart is made to suit a family consisting of children and adults:

### **BREAKFAST**

Fruit—any kind or form

Cereal

Eggs, or creamed fish or meat

Bread and butter

Beverage

### **LUNCH**

Meat or fish

Vegetables, including a potato

Salad

Bread and butter

Dessert

Beverage

### **DINNER**

Soup

Hot dish

Vegetables or Salad

Fruit

Bread and butter

Beverage

**SUPPER**

Hot or cold dish

Salad

Dessert

Beverage

Any variety of dishes will have the desired effect on the nutrition of the family so long as they contain one food of each group of foods. (See chart on p. 22.)

## **Feeding of Children (5 to 10 years)**

Children must receive proper food every day. Proper feeding has a tremendous influence on their growth and health.

Improper feeding takes some time to show its bad results, but in later years the child will develop symptoms which are derived from improper feeding.

Proper feeding, plenty of fresh air and wholesome exercise are the most important factors in the nutrition of children.

Milk, if possible, should be given at each meal as a beverage. Very few children dislike milk.

Fruit juices, cooked or raw, must be served quite frequently.

Hot cocoa is a very good beverage for children, as is also milk shake.

Milk, eggs, well cooked vegetables produce better growth than meat in childhood.

Well cooked cereals are a very good foundation for body building in children. Change the form of preparation often to insure variety.

Water should be given frequently between meals to children.

Tea and coffee should be forbidden children.

Bread or toast eaten by children teach proper mastication and strengthen jaws and teeth.

As the child grows older, increase the amount of butter in its diet.

Fruits and fruit juices keep the blood in good condition, and also prevent constipation. Three tablespoons of fruit juice given at breakfast give good results.

Teach your children to eat any food, but always the right kind. This ought to be a fundamental and most important part of their education.

Jams and marmalades are relished by children. They are very good food for children, but should not be given too frequently.

Sandwiches are always appealing to children. Vary as much as possible their fillings (jelly, chopped eggs, lettuce leaves, cheese or a mixture of chopped fruit with butter).

A good breakfast is the start of the digestive function.

Never send to school a child who refuses to eat its breakfast. Disturbance of some sort is in sight.

When a child reaches the age of six years, his food habits, if properly regulated, should be well established.

Poorly chosen food or too little food is the greatest enemy of the child, while overfeeding is only a danger for the stomach and digestive organs of the child.

Teach your child to chew and eat slowly, and to empty his mouth entirely before drinking.

## Suggested Menu for Children (5 to 10 years)

### BREAKFAST:

- 1 glass milk or 1 cup cocoa
- $\frac{1}{2}$  cup stewed fruit or 1 whole fruit
- 1 cup of well cooked cereal
- 2 slices of bread with butter, or
- 2 slices of toast with jam or jelly

### LUNCH:

- 1 or 2 glasses of milk
- $\frac{1}{2}$  cup of cooked vegetables
- 1 potato or more
- some kind of hot dish
- dessert of some kind—baked apple, pudding, cake, ice cream, cookies, etc.
- 2 to 3 slices bread with butter

### DINNER

- 1 or 2 glasses of milk
- 1 cup hot soup
- egg, meat or fish
- vegetable, cooked
- light dessert—fruit most desirable
- 1 or two slices of bread

Let children drink water during and between their meals.

## Meal Planning for Old People

When people grow older, unavoidable changes occur in the circulatory and digestive organs of their bodies.

The effect of food on the body is less active, and there is no muscle building or growth process. Elimination of waste is also retarded.

No general rule on the feeding of old people can be given, as it varies with every individual.

But it is safe to say that good results are obtained by following a few principles of feeding, as follows:

Use food in small quantities, but at regular intervals.

Diminish the amount of food to be eaten.

Simple foods and light foods are the best suited for old people.

Decrease the amount of muscle building food.

Milk, except where there is stomach disturbance, is a good food for old people.

# Practical Hints

## Marketing

Do not mistake cheapness for economy.

The use of a telephone is not economical in marketing.

Marketing can only be done in person.

The amount of food necessary for the family may not be calculated exactly at first, but experience will teach.

Intelligent marketing, careful preparation and cooking are tasks worthy of any woman.

Do not buy ready to eat foods for the main course of meals. They are expensive.

Do not buy for appearance only—a large red apple may not be as good as a small green one.

Bear in mind that a liquid pint is not the same as a dry pint.

Buy in definite quantity: So many pounds, so many ounces. Do not buy a dime's worth or a quarter's worth.

When buying foodstuffs in packed, bottled, or canned form, remember that there is a Federal law requiring that the net contents be marked on the package. Look out for this mark and you can tell just how much you are buying.

## Eggs

A hen egg should weigh 2 ounces.

A good egg should be full and transparent in the light.

Place the large end of an egg against the cheek; if the egg is fresh, a sensation of warmth is felt.

Place egg in water with a little salt. If the egg goes to the bottom, it is fresh. If it stays in the middle of the water, it is 2 or 3 days old. But if it floats, it is 5 or more days old. This does not apply to cold storage eggs.

## Fish

Fish have seasons, just as do vegetables and fruits. Study the seasons and learn to buy when the run is on.

As a rule women hesitate to purchase an unknown kind of fish. The only fear they have is that they may not like it. All fish sold on the market are subject to certain regulations which protect the consumer.

Put your fish in water. If it sinks, it is fresh. If it floats, it should not be used.

In buying fish, look first to see that the flesh is firm.

Fish is fresh if the gills and eyes are bright.

**How to Select Lobsters.** Try to buy live lobsters, not the boiled ones. If it is unavoidable for you to buy a boiled lobster, ascertain its condition by pressing the tail outward. If it is elastic and when released flies back instantly to its first position, the lobster was alive when put on to boil.

## Meat

**How to Tell Good Beef.** The best beef comes from the steer. Cow and bull meat are not as choice. Beef of a good grade has thick lean meat, which should be firm and elastic and quite even in texture. It should be medium red and mottled throughout with fat of a creamy color. The outer fat should be thick, smooth, firm, and also of a creamy color.

**How to Tell Good Veal.** Veal is of course young beef. The meat, therefore, is of a lighter color than that of beef, being nearer pink than red, and is less firm. The fat, instead of being cream color, is quite white. Remember that the meat of veal should never be colorless. Veal is a bland meat and has little fat. Added fat, such as bacon, pork, or butter, should be used in cooking veal.

**How to Tell Good Lamb and Mutton.** The difference between lamb and mutton is merely that of age, lamb being young mutton. The meat of mutton is a dull brick red, and that of lamb is considerably lighter. Both lamb and mutton should have fine grained lean meat and white, hard, flaky fat. The lamb bone is quite red, while that of mutton is quite white. Good grade lamb and mutton have a large amount of fat and a small amount of bone. The usual objection to mutton is the "muttony" taste. This comes from the "fell," a reddish membrane covering the surface of the body. It contains a certain amount of odorous oil from the wool and should always be removed before cooking. If this is done, the so-called "muttony" flavor can be avoided, and mutton can be made as delicious as lamb. Bacon or a small amount of onions or garlic used in cooking mutton will completely do away with the "muttony" taste.

**How to Tell Good Pork.** The lean of pork is of a dark pink and the fat is of a translucent white and not very firm. Good grade pork should have a large proportion of fat. This is also true of ham and bacon, both being pork products.

**All Good Meat Is Firm, Elastic, And Smells Fresh.**



## Poultry

### Terms Used in Selecting Poultry or Fowl

**Broilers.** Fowls under ten months.

**Pullet.** Young fowl up to the age of one year.

**Chicken.** Fowl under ten months.

**Fowl.** All poultry above one year.

**Capon.** Fattened male chicken.

### How to Tell Good Poultry:

The end of the breastbone must be flexible.

The feet must be soft and smooth.

The flesh must be smooth.

The claws and feet are usually light yellow.

A growth of much hair over the carcass is an indication of age in poultry.

The flesh of old poultry (turkeys and chicken) shows a purplish color under the skin of the back and legs.

Young geese and ducks have white soft feet and tender wings.

In ducks the fat should be semi-transparent and light. The windpipe should break when pressed between the thumb and forefinger.

## Vegetables

A perishable vegetable should be used as soon as purchased.

Fresh vegetables should be sound and whole when purchased.

Ends of carrots, tomatoes, celery, furnish flavor without added cost.

In vegetables the next best flavor to onion is celery.

Parings and bits of vegetables may be utilized for flavoring if clean.

A good rule in boiling vegetables is never to cover them.

In cooking vegetables, salt the water first, bring to a boil, and then put in the vegetables.

**To Boil Peas Tender.** Boil the peas in plenty of salted water in which they can play about. Do not put the lid or cover on the utensil in which they are cooking.

**To Peel Onions.** Peel the onions with a sharp knife under water. This will save tears.

If, after peeling onions, your hands retain the obnoxious odor, rub in dry salt and wash off in cold water. Do not use hot water and soap.

## How to Select Good Vegetables

When buying vegetables as a rule pick plump vegetables of medium size.

**Artichoke** must be of medium size and solid.

**Asparagus** must be uniform in size with tender stalks and firm heads.

**Beans (string)** must be free from rust or worm holes, uniform in size, with well developed beans and pods.

**Beets** must be uniform in shape and size, and dark red in color throughout the interior and on the surface.

**Brussels Sprouts** must be highly colored, solid, well developed, uniform in size, and free as possible from worm holes.

**Cabbage** must be of medium size, solid, free from worm injury, and uniform in size.

**Carrots** must be highly colored throughout, uniform in shape, and with as little core as possible in the center.

**Cauliflower** must be white, with a smooth solid head, and of medium size.

**Celery** must be well blanched, with tender stalks of a fine texture, crisp, uniform in size, highly flavored and free from injury from insects.

**Corn** must be large eared, but with small cobs. The kernels must be large and well filled, especially near the tips, sweet in flavor and not over-ripe, rows even, and as free as possible from injury.

**Cucumbers** must be solid, uniform in size, deep green in color, white flesh, and smooth outer surface. Large cucumbers are never desirable.

**Egg Plant** must be highly colored, with small seeds, and uniform in size and shape.

**Lettuce** must be medium in size, solid head, crisp leaves, and free from sunburn, worm holes and interior rotting.

**Onions** must be firm, of medium size, with tight outer skin, and thoroughly dried.

**Parsnips** must be smooth, straight, tender in flavor, and medium in size.

**Peas** must be of medium size, tender and sweet in flavor, and with well filled and highly colored pods.

**Peppers** must be medium and uniform in size, dark green, and with thick flesh.

**Potatoes** must be medium sized and uniform, with firm and smooth skin, white interior and mealy texture.

**Pumpkin**, must be of medium size, highly colored, thick in flesh, and with small seed cavity.

**Radish** must be small or medium, highly colored, crisp, and mild in flavor.

**Spinach** must be tender, with medium sized leaves, green in color, and as clean as possible.

**Squash** must be solid, of small size, and with small seed cavity.

**Tomatoes** must be dark red in color, solid, with small seed cavity, flesh and skin smooth. Large tomatoes are only show vegetables.

**Turnips** must be medium large, sweet, with flesh a little fibrous.

### How to Tell Good Mushrooms

Contrary to the common belief, most mushrooms are **not** poisonous. Few mushrooms are extremely poisonous; a large number are slightly poisonous; and a great number can be used as food.

Unfortunately there is no reliable test to distinguish poisonous from edible mushrooms.

The well known silver coin test is unreliable, as both poisonous and edible mushrooms have the same reaction on the silver.

Another test commonly practiced consists of peeling off the upper skin from a mushroom. If this can be done, the mushroom is considered edible. Poisonous mushrooms, however, can be peeled in the same manner.

In trying to distinguish poisonous from non-poisonous mushrooms, there are a few suggestions which can be followed. If these suggestions are adhered to, there is small chance of poisoning.

#### In selecting mushrooms:

**Avoid** all mushrooms in the "button" or young stage. At this time of their growth, it is impossible to determine good mushrooms from bad ones.

**Avoid** mushrooms with pores on the under side of the cap.

**Avoid** mushrooms which have white spores, a ring, and a bulblike base all on the same mushroom.

**Avoid** mushrooms having a white, milky juice. If milk or juice is red, the mushrooms are edible.

**Avoid** mushrooms having a cap which is thin in comparison with the gills.

**Avoid** mushrooms of a bright color and in which the gills are of equal length.

**Avoid** mushrooms which are not strictly fresh. Decay greatly increases the production of poisonous substances.

## Kitchen Stoves

### Gas Stove

To light gas stove turn on the gas and let gas escape through burner for an instant, and then apply a lighted match.

In lighting a gas oven or broiler it is most important to open the doors before lighting, to permit any accumulation of gas to escape, thus preventing an explosion.

To clean a gas stove use boiling water and soap.

If the burners are stopped up, remove them and boil them in water with one tablespoon of washing soda for every quart of water.

Never apply stove polish or blacking to gas burner.

### Coal Stove

Before starting any fire in a coal stove, fire box and ash pan should be emptied and cleared.

To start fire crumple paper and place in fire box, then lay on kindling wood. Open chimney damper. Put the lids on tight. Apply lighted match. When fire has started, add coal a little at a time until heat is well distributed.

To clean coal stove the best time is when the stove is still a little warm. Apply hot water and soap, and dry with crumpled paper. When stove has cooled, apply with a rag a little cottonseed oil or stove polish.

### Oil Stove

Keep oil stove as clean as possible to avoid objectionable odor.

Never fill oil stove while burning.

Wicks should be trimmed even, and when lighted they should be turned down until the flame is blue.

Never use a funnel to fill stove, as it is hard to see how much oil is being poured.

The burners should be boiled in soapy water from time to time.

The outside of the stove and the chimneys should also be cleaned with boiling soapy water.

## Boiling of Water

In cooking the terms "boiling water" or "boil the water" are frequently used. The housewife sometimes thinks that the water is boiling when, unfortunately, the boiling point has not been reached. These suggestions will probably help her to understand the term **boiling**:

When water is placed in a pan and heated and the bubbles stick to the bottom of the pan, the temperature is around 160° F.

When the bubbles rise to the top, the temperature is around 180° F.

When the water starts to move slowly about the pan, the temperature is around 200° F.

When the water jumps and tries to get out of the pan, the temperature is around 211° F to 212° F.

212° F is the exact temperature of the boiling point.

All these temperatures are from sea level to 1000 feet above sea level.

## Practical Ways of Testing An Oven

### Moderate Oven

1. You should be able to hold your hand in the center of the oven 25 seconds, or
2. Place a piece of light wrapping paper in your oven and it should become brown in 5 minutes.

### Hot Oven

1. You can scarcely hold your hand in the center of the oven for 15 seconds, or
2. Place a piece of light wrapping paper in your oven and it will become brown in 3 minutes.

## Testing Fats

For uncooked food, deep fat is just hot enough if a piece of bread will brown in it in 60 seconds.

For cooked food, deep fat is just hot enough if a piece of bread will brown in it in 40 seconds.

Fat is nearly burning when it smokes; therefore take smoking fat off the fire and cool before frying in it any food material.

## Dish Washing

Soak utensils to which food sticks.

Have two pans, one with hot soapy water, and the other with scalding water for rinsing.

In washing, arrange so that the clean dishes will be placed on the side nearest the cupboard.

After dishwashing is done, rinse out the dish towel and dish cloths, leaving them spotlessly clean.

## Other Practical Hints

**Practical Hints on Candy** will be found on p. 419.

**Practical Hints on Bread** will be found on p. 362.

**Practical Hints on Leftovers** will be found on p. 334.

**Practical Hints on Pastry** will be found on p. 387.

**Practical Hints on Salads** will be found on p. 53.

## Charts and Tables

This section consists of information of value to the housewife condensed into charts and tables which make for convenience.

The table of kitchen utensils is a list of all the utensils necessary in the ordinary kitchen. No recipe in this book calls for the use of any utensil not given in this list.

In order to help the housewife to ascertain the health or energy giving properties of foods, there are charts and tables giving the vitamines contents of our more common foods, foods grouped according to their functions and uses in the body, and the food equivalents in energy to one glass of milk.

As aids in cooking there are a table of measures, a table of oven temperatures, a time table for baking, the divisions of time in baking, a table for cooking cereals, a table of equivalents to one cup of butter in cooking, and a conversion table for cooking at high altitudes.

The set of charts showing the seasons for Fish, Fruit, Game, Meat, Poultry and Vegetables will be found particularly useful. Foods are of course least expensive when in season. Reference to these charts will, therefore, be of service in economical buying.

Probably the most useful and the most important chart in this section is the Cooking Guide. It contains 280 different foods, with information as to their size or weight, preparation, method of cooking and time for cooking. It may be used as a means for suggesting new or varied dishes in the daily menu, as a reminder of the length of time to cook any food, as a substitute for a recipe, and in many other ways.

## Kitchen Equipment and Utensils

Apple Corer	Can Opener
Apron	Casseroles
Asbestos Holders	Clock
Asbestos Mats	Coffee Percolator
Baking Dishes	Colanders
Baking Pans (tin, aluminum or Pyrex), assorted sizes	Cutters, fancy for pastry
Basket, Wire, for frying	Dishcloths
Basting Spoons	Dishpan
Bottle Opener	Double Boiler
Bread or Cake Boxes	Egg Beater
Bread or Pastry Board	Fork, steel
Broiler	Flour Bin
Butter Jar or Dish	Flour Sifter
Cake Rack	Frying Pans, various sizes
	Garbage Can with Cover

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Grater, medium size	Pitcher, 4-6 quart
Greasing Brush	Potato Masher
Griddle Iron	Pudding Dishes
Ice Box	Pudding Moulds, individual
Ice Pick	Rolling Pin
Kettle, deep frying	Salad Bag
Kettle, Tea	Scissors
Kitchen Fork	Scraper
Kitchen Plates	Shaker
Kitchen Scale	Sieve, medium size
Kitchen Spoons	Skewers
Kitchen Table	Skimmers
Kitchen Towel	Soup Kettle
Knife, Bread	Soup Ladle
Knife, Butcher	Spatulas, wooden and metal
Knife, Carving	Spice Boxes
Knife, Grapefruit	Stew Pans, various sizes
Knife, Mincing	Stool or Chair
Knife, Potato	Stove
Knives, Paring	Strainers
Measuring Cup	Twine
Meat Grinder	Vegetable Brush
Mixing Bowls, assorted sizes	Vegetable Slicer
Muffin Tins	Waffle Iron
Pancake Turner	Waste Basket
Pastry Sheets	Whip
Pastry Tins	Whip, Cream
Pie Tins	

TABLE OF MEASURES

Food Material	Table- spoons	Tea- spoons	Salt Spoons	Cups	Pints	Quarts	Ounces	Pounds	Inches	Feet	Yards	Tons
	1	3					16	1	12	1		
		$\frac{1}{4}$	1							3	1	
	16			1					36		1	
				2	1							
		1	4		2	1						
		48		1				2,000				1 short
			192	1				2,240				1 long
	1		12	4		1						
Granulated Sugar				2				1				
Butter				2				1				
Butter	2						1					
Liquid	2						1					
Flour	4						1					
Flour				4				1				
Flour						1		1				
1 Square Chocolate							1					
9-10 Eggs								1				
8 Egg Whites				1								
12 Egg Yolks				1								
1 Lemon (juice only)	3											
Shelled Nuts				1			4					
Raisins (stemmed)				1			6					
Currants (cleaned)				1			6					



**EQUIVALENTS OF 1 CUP OF BUTTER**

- 1 cup lard substitute, less 3 tablespoons.
- 1 cup lard, less 2 tablespoons.
- 1 cup oil, less 1 tablespoon.
- 1 cup chicken fat.
- $\frac{1}{2}$  cup butter, plus 6 tablespoons lard.
- $\frac{1}{2}$  cup butter, plus  $5\frac{1}{2}$  tablespoons lard substitute.

**EQUIVALENTS IN ENERGY TO 1 GLASS OF MILK**

- |                               |                           |
|-------------------------------|---------------------------|
| 2 eggs                        | 1 cup oatmeal             |
| 2 baked potatoes              | 6 slices bacon            |
| 1 baked apple                 | 5 prunes and juice        |
| $\frac{1}{2}$ cup apple sauce | 2 large carrots           |
| 5 tablespoons mashed potato   | 3 graham crackers         |
| 1 cup peas                    | 12 English walnuts        |
| 2 oranges                     | $\frac{1}{4}$ cup peanuts |
| 1 cup spinach puree           | 1 cup cooked rice         |
| $1\frac{1}{2}$ lamb chops     | 5 tablespoons cream       |
| 2 slices bread                | 6 dates                   |
| 8 tablespoons custard         |                           |

**FOODS GROUPED ACCORDING TO THEIR FUNCTIONS AND USES IN THE BODY**  
**A Well Balanced DAY'S DIET Must Contain All These Groups**

BUILD TISSUE		PRODUCE ENERGY AND HEAT		REGULATE BODY AND BUILD BONE			PROMOTES GROWTH AND HEALTH		
Protein	Fat	Carbohydrates Starch and Sugar	Mineral Substances	Water	General	Muscle	Red Blood		
Beans	Bacon	Bananas	Apples	Fresh Fruits	Apples	Cereals	Eggs		
Cheese	Butter	Beans, Lima	Asparagus	Milk	Butter	Cheese	Legumes		
Chocolate	Cereals	Beans, Navy	Butter Fat	Vegetables, green	Cabbage	Eggs	Meat, lean		
Cocoa	Chocolate	Bread	Cabbage		Carrots	Fish	Nuts		
Eggs	Cream	Carrots	Carrots		Cereal,	Legumes	Oatmeal		
Fish	Fat	Corn	Celery		whole	Meat	Prunes		
Meat, lean	Meat, fat	Cornmeal	Cream		Cheese	Milk	Raisins		
Milk	Nuts	Crackers	Eggs		Cream		Spinach		
Nuts	Oil	Dates	Fruit, all edible		Egg Yolk		Wheat,		
Oysters		Flour	Lemons		Legumes		whole		
Peas		Hominy	Lettuce		Lettuce				
		Honey	Milk		Milk				
		Jelly	Oranges		Oranges				
		Legumes	Peas		Potatoes				
		Macaroni	Prunes		Spinach				
		Marmalades	Spinach		Tomatoes				
		Molasses	String Beans		Turnips				
		Potatoes	Tomatoes		Yeast				
		Preserves	Vegetables, canned						
		Prunes	Vegetables, leafy						
		Raisins							
		Sugar							
		Syrup							
		Tapioca							
		Turnips							
		Wheat							

## VITAMINE CONTENT OF OUR MORE COMMON FOODS

FOODSTUFF	Prevents Rickets Vitamine A	Prevents Beri Beri Vitamine B	Prevents Scurvy Vitamine C
Almonds	A	B	
Apples		B	C
Bananas	A	B	C
Barley	A	B	
Beans (Navy)		B	
Beef Fat	A		
Beef Heart	A	B	
Beets	A	B	
Brains, Beef and Calf	A	B	
Bread (White)		B	
Bread (Whole Wheat)	A	B	
Butter	A		
Cabbage (Raw)	A	B	C
Carrots	A	B	C
Cauliflower	A	B	C
Celery		B	
Cheese	A	B	
Chestnuts		B	
Cocoanut	A	B	
Codfish	A	B	
Corn	A	B	
Cream	A	B	
Eggs	A	B	
Grapefruit		B	C
Grapejuice		B	C
Grapes		B	C
Honey		B	
Kidney	A	B	
Lard (no vitamins)			
Lean Meat		B	C
Lemons		B	C
Lettuce	A	B	C
Liver	A	B	C
Milk (Whole)	A	B	C
Oats	A	B	
Olive Oil (no vitamins)			
Onions		B	C
Oranges	A	B	C
Nuts	A	B	
Parsnips	A	B	
Pears (Fresh)	A	B	C
Pears (Dry)	A	B	
Potatoes (Sweet)	A	B	C
Potatoes (White)	A	B	C
Raisins	A	B	C
Rice (Polished) (no vitamins)			
Rye	A	B	
Spinach	A	B	C
Tomatoes	A	B	C
Yeast Cake		B	

### OVEN TEMPERATURES

**Hot**—between 420 and 500 degrees F.

**Moderate**—between 350 and 420 degrees F.

### TIME REQUIRED TO REACH DESIRED TEMPERATURE (gas oven)

MINUTES	TEMPERATURE
5	200° to 350° F.
7	350° to 400° F.
10	400° to 450° F.
12	450° to 500° F.

### DIVISION OF TIME IN BAKING

First quarter—rise, not brown.

Second quarter—rise, begin to brown.

Third quarter—brown, not rise.

Fourth quarter—neither rise nor brown; grow firm,  
shrink away from mold or pan.

### TABLE FOR COOKING CEREALS

AMOUNT	MATERIAL	WATER	TIME FOR COOKING
1 Cup	Cornmeal	4 Cups	1 Hour
1 Cup	Cream of Barley	4 Cups	45 Minutes
1 Cup	Cream of Wheat	4 Cups	30 Minutes
1 Cup	Mush (corn or wheat)	4 Cups	1 Hour
1 Cup	Oatmeal	4 Cups	1½ Hours
1 Cup	Rice	7 Cups	20-30 Minutes
1 Cup	Rolled Oats	3 Cups	1 Hour

## TIME TABLE FOR BAKING

TO BE BAKED	TIME FOR COOKING
Biscuits	12-15 Minutes
Bread Loaf	50-60 Minutes
Cookies	12-15 Minutes
Cup Cakes	20-25 Minutes
Gems	25-30 Minutes
Layer Cake	30-35 Minutes
Loaf Cake	45-60 Minutes
Muffins	20-25 Minutes
Pies	30-40 Minutes
Popovers	25-30 Minutes
Pound and Large Fruit Cakes	1-1½ Hours
Sponge Cake	45-60 Minutes
Tarts	15-20 Minutes
Wafers	8-12 Minutes

## COOKING AT HIGH ALTITUDES

The chief difficulty in cooking at high altitudes is in the boiling of water to cook foods. The decrease in atmospheric pressure lowers the boiling point, allowing the water to boil at too low a temperature for convenient cooking. The decrease amounts roughly to 1 degree for every 555 feet of ascent above sea level. Thus, although the boiling temperature of water at sea level is 212 degrees F., at 7,000 feet elevation the temperature of boiling water is only 200 degrees F., a difference of 12 degrees.

In order to cook foods by boiling at high altitudes it is necessary to increase the density of the pressure of the water. This can be done by adding to every quart of water used in cooking 1 tablespoon of salt and 3 cups of water. The following table may be used where 1 quart of water would ordinarily be used in cooking the food. Where 2 quarts of water would be used, double the additions of salt and water; for 3 quarts, triple the amount, etc.

## CONVERSION TABLE FOR COOKING AT HIGH ALTITUDES

Altitude Above Sea Level (in feet)	Boiling Temperature	Amount of Water Normally Re- quired for Boiling Food	Add Salt	Add Water
0—555	212° F.	1 quart	0 tablespoons	0 cups
555—1,110	211° F.	1 quart	1 tablespoon	3 cups
1,110—1,665	210° F.	1 quart	2 tablespoons	6 cups
1,665—2,220	209° F.	1 quart	3 tablespoons	9 cups
2,220—2,775	208° F.	1 quart	4 tablespoons	12 cups
2,775—3,330	207° F.	1 quart	5 tablespoons	15 cups
3,330—3,885	206° F.	1 quart	6 tablespoons	18 cups
3,885—4,440	205° F.	1 quart	7 tablespoons	21 cups
4,440—4,995	204° F.	1 quart	8 tablespoons	24 cups
4,995—5,550	203° F.	1 quart	9 tablespoons	27 cups
5,550—6,105	202° F.	1 quart	10 tablespoons	30 cups
6,105—6,660	201° F.	1 quart	11 tablespoons	33 cups

Other methods of cooking are not particularly affected by high altitudes. However, there are a few suggestions which can be made, as follows:

In canning at an altitude more than 1,000 feet above sea level, the time for the hot water bath should be increased 10 per cent for each 500 feet above the 1,000 foot level.

In making cake at an altitude more than 1,500 feet above sea level, it is advisable to

use a little more flour, egg;

use a little less baking powder, sugar, shortening, butter;

bake with a little less heat.

The time for baking remains about the same as for lower altitudes.

KIND OF FOOD	WEIGHT OR SIZE	GENERAL REMARKS	BAKED OR BRAISED	BOILED
<b>A—Abalone</b>	½ pound	sliced		20 m.
Apples, dried	any size or amt.	soaked for 6 hours		15 m.
Apples, fresh	medium		20-25 m.	
Apricots, dried	any size or amt.	soaked for 6 hours		15 m.
Apricots, fresh	medium	whole		
Asparagus, tips	small			15-20 m.
Asparagus, whole	medium			20-35 m.
Artichokes	large	any amount		35-40 m.
Artichokes	small	any amount		15-20 m.
<b>B—Bacon</b>	per pound	whole piece		20 m.
Bananas		each	15 m.	
Barley	any amount	well washed		50 m.
Bass				
Black	1 to 2 pounds	medium fish	20 m.	15 m.
Rock	3 to 5 pounds	large fish	30 m.	20 m.
Sea	1 to 2 pounds	medium fish	20 m.	15 m.
Striped	2 to 3 pounds	medium fish	25 m.	20 m.
Beans				
Dry (Navy)	any size or amt.	soaked 8 hours	6 hours	3 to 4 hrs.
Lima	any size or amt.	shelled		35-40 m.
Red	any size or amt.	soaked 8 hours	6 hours	3 to 4 hrs.
String	any size or amt.	cleaned		30-40 m.
Wax	any size or amt.	cleaned		30-40 m.
Bear	per pound	fresh, not marinated	25 m.	30 m.
Beef				
Brisket, corned	per 5 lb. piece	soaked for 6 hours		2 hours
Flank	1 pound		30 m.	25 m.
Heart	as bought		1½ hours	1 hour
Kidneys	as bought		30 m.	
Leg	per 5 lb. piece		1½ hours	2 hours
Liver	per 2 lb. piece		1½ hours	
Loin	per 5 lb. piece		1½ hours	2 hours
Rib	per pound		40 m.	40 m.
Rump, corned	per 5 lb. piece	soaked for 6 hours		3 hours
Steak, round	1 pound		40-50 m.	1 hour
Steak, sirloin	1 pound		30-35 m.	45 m.
Steak, tenderloin	½ pound			
Tail, ox	as bought	cut in pieces	1½ hours	1 hour
Tenderloin, whole	5 pounds			
Tongue, fresh	as bought	whole		3 hours
Tongue, smoked	as bought	soaked for 8 hours		3 hours
Beets	medium			50-55 m.
Biscuits, baking powder			12-15 m.	
Biscuits, yeast			20-25 m.	
Blackberries	any amount			
Blackfish	1 to 2 pounds	medium fish	20 m.	15 m.
Bloaters	any size or amt.	fresh or canned		4 m.
Blueberries	any amount			

BROILED	FRIED IN DEEP FAT	ROASTED	STEWED IN SAUCES, GRAVY OR MILK	STEWED IN WATER AND SUGAR	KIND OF FOOD
8-10 m.	3 m.		40 m.		Abalone —A
					Apples, dried
				10 m.	Apples, fresh
					Apricots, dried
				8 m.	Apricots, fresh
					Asparagus, tips
					Asparagus, whole
					Artichokes
					Artichokes
					Bacon —B
4 m.	2 m.			6 m.	Bananas
					Barley
					Bass
8-10 m.	3 m.				Black
					Rock
10-15 m.	4 m.				Sea
8-10 m.	5 m.				Striped
					Beans
					Dry (navy)
					Lima
					Red
					String
					Wax
8 m.		15 m.	25 m.		Bear
					Beef
					Brisket, corned
10 m.					Flank
			1½ hours		Heart
10 m.			45 m.		Kidneys
			1½ hours		Leg
			1½ hours		Liver
					Loin
10 m.		20 m.	40 m.		Rib
					Rump, corned
5-10 m.			40-50 m.		Steak, round
5-10 m.					Steak, sirloin
10-15 m.					Steak, tenderloin
			1½ hours		Tail, ox
		40-50 m.			Tenderloin, whole
					Tongue, fresh
					Tongue, smoked
					Beets
					Biscuits, baking powder
					Biscuits, yeast
				4 m.	Blackberries
8-10 m.	4 m.				Blackfish
4 m.	2 m.				Bloaters
				4 m.	Blueberries

KIND OF FOOD	WEIGHT OR SIZE	GENERAL REMARKS	BAKED OR BRAISED	BOILED
Bluefish	1 to 2 pounds	medium fish	20 m.	15 m.
Boar	per pound	fresh, not marinated	25 m.	30 m.
Bread, baking powder	1 pound loaf		45-50-m.	
Bread, yeast	1 pound loaf		50-60 m.	
Brussels Sprouts	any size or amt.	cleaned		25-30 m.
C—Cabbage, green	any size or amt.	cut in halves, whole		35-40 m.
Cabbage, red	any size or amt.	cut in halves, whole		35-40 m.
Capons	4 pounds	not stuffed		
Carp	medium fish		30 m.	20-25 m.
Carrots, old	any size or amt.	whole		40-45-m.
Carrots, new	any size or amt.	whole		25-30 m.
Carrots, sliced	any amt.	cut thin		15-20 m.
Cauliflower	any size or amt.	whole or cut		25-30 m.
Celery	any size or amt.	whole or cut	45-50 m.	20-25 m.
Celery Roots	any size or amt.	quartered	45-50 m.	40-45 m.
Chayottes	medium	not peeled	50 m.	35-40 m.
Chestnuts	any size or amt.	with the peel		35-40 m.
Chicken				
Broilers	¾ pound		35-40 m.	30 m.
Fricassee	4 pounds	cut in pieces	1½ hours	1¾ hours
Roasting	3 to 4 pounds			
Squab	½ pound			
Chicory	any size or amt.	leaves only	45-55 m.	25-30 m.
Clams, hard	medium	on or off shell	15 m.	8 m.
Clams, soft	medium	on shell	12 m.	10 m.
Codfish, sliced	¼ pound slices	not too thin	10 m.	5 m.
Codfish, whole	per pound	whole or in halves	20 m.	10-15 m.
Codfish Cakes	ordinary size			
Cookies			12-15 m.	
Corn, green, sweet	any size or amt.	husks removed		15-20 m.
Corn, yellow, sweet	any size or amt.	husks removed		20-25 m.
Cornmeal				1 hour
Crab, hard	medium	with the shell		30-40 m.
Crab Meat	any amount	without shell	15-20 m.	
Crab Oysters	any amount			3 m.
Crab, soft	medium	with the shell		5 m.
Cranberries	any size or amt.			
Crawfish	any size or amt.	with the shell		15-20 m.
Croquettes	any size or amt.	made with any food		
Crullers				
Cucumbers	any size or amt.	whole or quartered	30-40 m.	15-20 m.
Cup Cakes			20-25 m.	
Currants, black	any size or amt.			
Currants, red	any size or amt.			
D—Dandelions	any amount	leaves only	35-45 m.	15-20 m.
Deer	per pound	not marinated	15 m.	
Doughnuts				



BROILED	FRIED IN DEEP FAT	ROASTED	STEWED IN SAUCES, GRAVY OR MILK	STEWED IN WATER AND SUGAR	KIND OF FOOD
8-10 m.	3 m.				Bluefish
8 m.		15 m.	25 min.		Boar
					Bread, baking powder
					Bread, yeast
					Brussels Sprouts
					Cabbage, green —C
					Cabbage, red
		1½ hours			Capons
15 m.					Carp
					Carrots, old
					Carrots, new
					Carrots, sliced
					Cauliflower
			50-55 m.		Celery
			50-55 m.		Celery Roots
					Chayottes
		20-25 m.			Chestnuts
					Chicken
20 m.	6 m.	30 m.	35-40 m.		Broilers
			1½ hours		Fricassee
		1½ hours			Roasting
15 m.	8 m.	20 m.			Squab
			45-50 m.		Chicory
	3 m.		15 m.		Clams, hard
	2 m.		12 m.		Clams, soft
5-8 m.	3 m.		10 m.		Codfish, sliced
10-15 m.					Codfish, whole
	2-3 m.				Codfish Cakes
					Cookies
		35 m.	40 m.		Corn, green, sweet
		40-45 m.	45-50 m.		Corn, yellow, sweet
					Cornmeal
					Crab, hard
	1 m.		15-20 m.		Crab Meat
	2 m.		5 m.		Crab Oysters
5-8 m.	3 m.				Crab, soft
				15 m.	Cranberries
					Crawfish
	1-2 m.				Croquettes
	3-5 m.				Crullers
			30-40 m.		Cucumbers
					Cup Cakes
				3-5 m.	Currants, black
				3-5 m.	Currants, red
					Dandelions —D
5 m.		15 m.	15 m.		Deer
	3-5 m.				Doughnuts

KIND OF FOOD	WEIGHT OR SIZE	GENERAL REMARKS	BAKED OR BRAISED	BOILED
Duck				
Black Head	any size			
Mallard	any size			
Red Head	any size			
Ruddy	any size			
Tame	medium		1 hour	
Teal	any size			
Wild	any size			
E—Eels	medium	cut in pieces		15 m.
Egg Plant	medium	peeled or unpeeled	35 m.	
Eggs, hard				10-15 m.
Eggs, soft				2-4 m.
Enchiladas				10-15 m.
Endives	any size or amt.		30 m.	20 m.
Escarolles	any size or amt.	leaves only	40-45 m.	25 m.
F—Finnan Haddie		split	15-20 m.	10 m.
Flounder	medium fish	whole	20 m.	10 m.
Fowl	4 to 5 pounds	whole		2 to 3 hrs.
Fritters				
Frogs' Legs		skinned		
Fruit Cake			40-50 m.	
G—Geese, tame	per pound		20 m.	
Geese, wild	per pound		25 m.	
Gems			20-25 m.	
Goat	per pound		15 m.	
Gooseberries	any size or amt.		10 m.	
Gosling	per pound			
Grouse	medium			
Guinea Hen	medium	must be young	50-60 m.	
H—Haddock	medium fish		25-30 m.	15-20 m.
Halibut	in large pieces		15-20 m.	10-15 m.
Ham	8 to 10 pounds	soaked 12 hours	3-4 hours	3-4 hrs.
Hamburger Steak	per pound			
Hare	medium	male, if possible	1 hour	
Herring	medium fish			
Hominy				50-55 m.
Huckleberries	any size or amt.			
I-J—Icefish				
K—Kingfish	medium fish		15-20 m.	10 m.
Kohlrabi	any size or amt.		40-45 m.	30 m.
L—Lamb				
Brains				15-20 m.
Breast	per pound	small or large pieces	15 m.	20-25 m.

BROILED	FRIED IN DEEP FAT	ROASTED	STEWED IN SAUCES, GRAVY OR MILK	STEWED IN WATER AND SUGAR	KIND OF FOOD
					Duck
		20-30 m.			Black Head
		25-30 m.			Mallard
		20-25 m.			Red Head
		20-25 m.			Ruddy
20 m.		25-35 m.	1 hour		Tame
		18-25 m.			Teal
		25-30 m.			Wild
					Eels —E
6 m.	3 m.				Egg Plant
					Eggs, hard
					Eggs, soft
					Enchiladas
			30-35 m.		Endives
			45-50 m.		Escarolles
15 m.	4-5 m.		20 m.		Finnan Haddie —F
15 m.	3-5 m.				Flounder
					Fowl
	3-5 m.				Fritters
	3 m.				Frogs' Legs
					FruitCake
		15-20 m.			Geese, tame —G
		20-30 m.			Geese, wild
					Gems
5-6 m.		10 m.	15-20 m.		Goat
				3-5 m.	Gooseberries
		15 m.			Gosling
15 m.		25-30 m.			Grouse
15-20 m.		40-45 m.	55-60 m.		Guinea Hen
8-10 m.	3-4 m.		20-25 m.		Haddock —H
8-10 m.	3-5 m.		15-20 m.		Halibut
					Ham
5-8 m.					Hamburger Steak
		40-45 m.	1 hour		Hare
4-5 m.					Herring
					Hominy
				3-5 m.	Huckleberries
3-5 m.	2-3 m.				Icefish —I-J
10 m.	3-4 m.				Kingfish —K
			45-50 m.		Kohlrabi
					Lamb —L
	2-3 m.				Brains
15 m.		15 m.	15 m.		Breast

KIND OF FOOD	WEIGHT OR SIZE	GENERAL REMARKS	BAKED OR BRAISED	BOILED
Lamb (cont'd)				
Chops	ordinary size			
Cutlets	ordinary size			
Fries				20-25 m.
Heart	ordinary size	whole or in pieces	50-55 m.	55m.to 1 h.
Kidneys				
Leg	per pound			15 m.
Liver		sliced		
Lungs	ordinary size	cut in pieces	1 hour	
Rack	per pound			
Saddle	per pound			
Shoulder	per pound		20 m.	
Whole	per pound			
Layer Cake			30-35 m.	
Lazagnes				18-20 m.
Leeks	any size or amt.			10-15 m.
Lettuce	any size or amt.	whole	35-40 m.	20-25 m.
Loaf Cake			45-50 m.	
Lobster	medium	with the shell	30 m.	25-30 m.
M—Macaroni				18-20 m.
Mackerel	medium fish		15 m.	10 m.
Meat Loaf	per pound		15 m.	
Moose	per pound	not marinated	25 m.	
Muffins			20-25 m.	
Mushrooms	any size or amt.			4 m.
Mussels	ordinary size	well cleaned		4 m.
Mutton				
Brains	ordinary size			10 m.
Breast	per pound	whole or in pieces	20 m.	20 m.
Chops	ordinary size			
Cutlets				
Kidneys				
Leg	per pound			20 m.
Rack	per pound		20 m.	
Saddle	per pound	whole or in halves		
Shoulder	per pound	whole or in pieces	20 m.	
N—Noodles				18-20 m.
O—Oatmeal				1¼ hours
Oats, Rolled				1 hour
Onions	large	any amount	35-40 m.	25-30 m.
Onions	small	any amount	25-30 m.	20 m.
Oyster Plant	any size or amt.			35-40 m.
Oysters	any size or amt.	on or off the shell		2-3 m.
P—Parsnips	any size or amt.	peeled and cut		40-50 m.
Partridge	ordinary size		1 hour	
Peaches	any size or amt.			

BROILED	FRIED IN DEEP FAT	ROASTED	STEWED IN SAUCES, GRAVY OR MILK	STEWED IN WATER AND SUGAR	KIND OF FOOD
					Lamb (cont'd)
10 m.					Chops
10-15 m.					Cutlets
	4 m.				Fries
			1½ hours		Heart
5-8 m.			30-35 m.		Kidneys
		20 m.			Leg
3-4 m.					Liver
			1¼ hours		Lungs
		15 m.			Rack
		15 m.			Saddle
		15 m.	20 m.		Shoulder
		20 m.			Whole
					Layer Cake
			35-40 m.		Lazagnes
			20 m.		Leeks
			35-40 m.		Lettuce
					Loaf Cake
15-20 m.					Lobster
			25-30 m.		Macaroni —M
8-10 m.	3-4 m.				Mackerel
		15 m.			Meat Loaf
8-10 m.		25 m.	30 m.		Moose
					Muffins
3-4 m.			5 m.		Mushrooms
			5 m.		Mussels
					Mutton
	2 m.				Brains
15 m.		20 m.	20 m.		Breast
15 m.					Chops
15 m.					Cutlets
5-8 m.			25-30 m.		Kidneys
		20 m.			Leg
		20 m.			Rack
		20 m.			Saddle
		20 m.	20 m.		Shoulder
			35-40 m.		Noodles —N
					Oatmeal —O
					Oats, Rolled
	3-4 m.	40-45 m.	35-40 m.		Onions, large
			25-30 m.		Onions, small
	2-3 m.		35-40 m.		Oyster Plant
	1-2 m.		2-3 m.		Oysters
			45-50 m.		Parsnips —P
		35-40 m.			Partridge
				5-8 m.	Peaches

KIND OF FOOD	WEIGHT OR SIZE	GENERAL REMARKS	BAKED OR BRAISED	BOILED
Peacock	large	male, if possible	2 hours	
Pears	any size or amt.			
Peas, dried	any size or amt.	soaked for 8 hours		1½ hours
Peas, green	any size or amt.	shelled		25-30 m.
Peppers, green	any size or amt.		30-35 m.	
Peppers, red	any size or amt.		30-35 m.	
Pheasant	ordinary size	female, if possible		
Pies			30-40 m.	
Pigeon	ordinary size	must be young	50-55 m.	
Pineapple	any size or amt.	peeled and sliced		
Plover, Golden	ordinary size	must be young		
Plums	any size or amt.			
Popovers			25-30 m.	
Pork				
Chops	ordinary size			
Cutlets	ordinary size			
Feet				45 m.
Head	ordinary size	cut in halves		2 hours
Heart		cut in pieces	1 hour	
Leg	per pound	fresh, not smoked	25 m.	25 m.
Liver		sliced		
Loin	per pound			25 m.
Lungs		cut in pieces	50-55 m.	
Rack	per pound			
Tail	ordinary size	whole		25 m.
Suckling	per pound	whole		15 m.
Possum	per pound	must be young		
Potatoes, new	medium		15-20 m.	20-25 m.
Potatoes, old	medium		30-40 m.	25-30 m.
Potatoes, sweet	medium		30 m.	30-35 m.
Pound Cake			1 hour	
P—Prunes	any size or amt.	soaked for 8 hours		
Ptarmigan	ordinary size		1 hour	
Pudding, Custard			35-40 m.	
Pudding, Plum				3-4 hours
Pudding, Yorkshire			30-40 m.	
Pullet				
Pumpkin	any size or amt.	peeled and cut	35-40 m.	30 m.
Q—Quail	ordinary size			
R—Rabbit	ordinary size	female, if possible	1 hour	
Raspberries	any amount			
Red Snapper	medium size		15-20 m.	10 m.
Rhubarb	any amount	cut in pieces		
Rice, brown	any amount	well washed		30-35 m.
Rice, white	any amount	well washed		20-25 m.
Rice, wild	any amount	well washed		35 m.

BROILED	FRIED IN DEEP FAT	ROASTED	STEWED IN SAUCES, GRAVY OR MILK	STEWED IN WATER AND SUGAR	KIND OF FOOD
		1½ hours			Peacock
				10 m.	Pears
					Peas, dried
					Peas, green
3-5 m.		5-8 m.	8-10 m.		Peppers, green
3-5 m.		5-8 m.	8-10 m.		Peppers, red
		50-55 m.			Pheasant
					Pies
		35-40 m.			Pigeon
				10-15 m.	Pineapple
		25-30 m.			Plover, Golden
				3-5 m.	Plums
					Popovers
					Pork
20-25 m.					Chops
20-25 m.					Cutlets
8 m.					Feet
					Head
					Heart
		25 m.			Leg
8-10 m.					Liver
10 m.		25 m.	25 m.		Loin
			1¼ hours		Lungs
		20 m.			Rack
10 m.					Tail
		20 m.			Suckling
		15 m.			Possum
			25-30 m.		Potatoes, new
	2-3 m.		35 m.		Potatoes, old
	2-3 m.		35-40 m.		Potatoes, sweet
					Pound Cake
				25-30 m.	Prunes —P
		50 m.			Ptarmigan
					Pudding, Custard
					Pudding, Plum
					Pudding, Yorkshire
10 m.		15-20 m.			Pullet
			35-40 m.		Pumpkin
8-10 m.		20 m.			Quail —Q
20 m.		45 m.	1¼ hours		Rabbit —R
				2-3 m.	Raspberries
8-10 m.	2-3 m.				Red Snapper
				2-3 m.	Rhubarb
					Rice, brown
			40-45 m.		Rice, white
					Rice, wild

KIND OF FOOD	WEIGHT OR SIZE	GENERAL REMARKS	BAKED OR BRAISED	BOILED
Roe, Shad	ordinary size			10 m.
Romaine	any size or amt.	leaves only	35-40 m.	25 m.
<b>S—Salmon</b>	medium fish		20-25 m.	15-20 m.
Sauerkraut	per pound	washed	30-35 m.	
Sausages	ordinary kind			
Sausage Cakes				
Scallops				8-10 m.
Shad	medium fish		40 m.	20 m.
Sheepshead	medium fish		15-20 m.	10-15 m.
Shrimps		with the shell		5 m.
Skate	medium fish	cut in large pieces		10 m.
Smelts				3-4 m.
Snipe	ordinary size	must be young		
Sole	medium fish	whole	10-15 m.	6-8 m.
Sorrel	any amount		40-45 m.	15 m.
Spaghetti				18-20 m.
Spinach	any size or amt.			15-20 m.
Sponge Cake			45-50 m.	
Squab	ordinary size	must be young	1 hour	
Squash, Hubbard	any size	cut or whole	35-40 m.	30-35 m.
Squash, white	any size	cut or whole	30-35 m.	25-30 m.
Squash, yellow	any size	cut or whole	30-35 m.	25-30 m.
Squirrel	ordinary size	male, if possible	40 m.	
Strawberries	any amount			
Swan	large	female, if possible	2 hours	
<b>T—Tagliarini</b>				18-20 m.
Tamales				10-15 m.
Terrapin	small fish		45 m.	
Tomatoes	any size or amt.		10 m.	10 m.
Tripe	per pound	cut in pieces		10 m.
Trout, brook	small fish		15 m.	5-8 m.
Trout, lake	medium fish		10 m.	8-10 m.
Trout, sea	medium fish		10 m.	8-10 m.
Turbot	large fish	cut in large pieces	35-40 m.	20 m.
Turkey, tame	per pound			25 m.
Turkey, wild	per pound	female, if possible	35 m.	35 m.
Turnips, white	any size or amt.	peeled, cut in pieces		30-40 m.
Turnips, yellow	any size or amt.	peeled, cut in pieces		30-40 m.
Turtle	large	off the shell	3 hours	2½ hours
<b>U-V—Veal</b>				
Brains	ordinary size			15-20 m.
Breast	per pound	whole or in pieces	10 m.	10-15 m.
Chops	ordinary size		40 m.	
Cutlets	ordinary size		40 m.	
Head	ordinary size	cut in halves		1¼ hours
Kidneys	whole		45 m.	



BROILED	FRIED IN DEEP FAT	ROASTED	STEWED IN SAUCES, GRAVY OR MILK	STEWED IN WATER AND SUGAR	KIND OF FOOD
8 m.	3 m.				Roe, Shad
			35-40 m.		Romaine
10-15 m.	4-5 m.		20-25 m.		Salmon —S
					Sauerkraut
6-8 m.					Sausages
8 m.					Sausage Cakes
	2-3 m.		10 m.		Scallops
20 m.	3 m.				Shad
8-10 m.	2-3 m.				Sheepshead
					Shrimps
	3-5 m.				Skate
3-4 m.	2-3 m.				Smelts
		15-20 m.			Snipe
8-10 m.	3-4 m.				Sole
			40-45 m.		Sorrel
			30-35 m.		Spaghetti
					Spinach
					Sponge Cake
20 m.		35 m.			Squab
					Squash, Hubbard
					Squash, white
					Squash, yellow
15-20 m.		30 m.	40 m.		Squirrel
				3-4 m.	Strawberries
		2½ hours			Swan
			30-35 m.		Tagliarini —T
					Tamales
			50-55 m.		Terrapin
3 m.			10 m.		Tomatoes
10 m.	3-4 m.				Tripe
5-8 m.	3-5 m.				Trout, brook
8-10 m.	3-5 m.				Trout, lake
8-10 m.	3-5 m.				Trout, sea
8-10 m.	4-5 m.		35-40 m.		Turbot
		20 m.			Turkey, tame
		30 m.	35 m.		Turkey, wild
			40 m.		Turnips, white
			40 m.		Turnips, yellow
			3-4 hours		Turtle
					Veal —U-V
	3-4 m.				Brains
10-15 m.		15 m.	25 m.		Breast
15-20 m.					Chops
15-20 m.					Cutlets
					Head
10-15 m.			45 m.		Kidneys

KIND OF FOOD	WEIGHT OR SIZE	GENERAL REMARKS	BAKED OR BRAISED	BOILED
Veal (cont'd)				
Leg	per pound			
Liver		sliced		
Lungs		cut in pieces	1¼ hours	
Rack	per pound			
Shoulder	per pound	whole or in pieces		
Sweetbreads	ordinary size		40-45 m.	25 m.
Vegetable Marrow	ordinary size	peeled, whole, or quarter'd	30-35 m.	20 m.
W—Wafers			8-12 m.	
Watercress	any amount	leaves only		15-20 m.
Weakfish	medium fish		15-20 m	10 m.
Wheat	any amount	well washed		1¼ hours
Whitebait				
Woodcock	ordinary size	must be young		
X-Y-Z—				
Yams	medium		35-40 m.	30 m.

BROILED	FRIED IN DEEP FAT	ROASTED	STEWED IN SAUCES, GRAVY OR MILK	STEWED IN WATER AND SUGAR	KIND OF FOOD
					Veal (cont'd)
		20 m.			Leg
5-8 m.					Liver
			1½ hours		Lungs
		15 m.			Rack
		15 m.	20 m.		Shoulder
8-10 m.			40-45 m.		Sweetbreads
			30-35 m.		Vegetable Marrow
					Wafers —W
			35-40 m.		Watercress
8-10 m.	2 m.		15-20 m.		Weakfish
					Wheat
	2-3 m.				Whitebait
		40-45 m.			Woodcock
	2-3 m.		35-40 m.		Yams —X-Y-Z

The seasons for fish given below are the natural seasons. The fish and game laws of the different States limit the seasons when the fish may be caught or sold. Please, therefore, refer to your State fish and game laws for the modifications of the seasons.

[illegible]

## FRUIT SEASONS

Kind of Fruit	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Apples	x	x	x	x	x	x	x	x	x	x	x	x
Apricots						x	x	x	x	x		
Bananas	x	x	x	x	x	x	x	x	x	x	x	x
Berries						x	x	x	x	x		
Cherries						x	x	x	x			
Cranberries							x	x	x	x	x	x
Currants						x	x	x	x			
Figs									x	x		
Grapefruit	x	x	x	x	x	x	x	x	x	x	x	x
Grapes								x	x	x		
Lemons	x	x	x	x	x	x	x	x	x	x	x	x
Oranges	x	x	x	x	x	x	x	x	x	x	x	x
Peaches								x	x	x		
Pears	x	x				x	x	x	x	x	x	x
Pineapples	x	x				x	x	x	x	x	x	x
Plums							x	x	x			
Quinces									x	x		

## GAME SEASONS

The seasons for game given below are the natural seasons. The fish and game laws of the different States limit the seasons when the game may be killed or sold. Please, therefore, refer to your State fish and game laws for the modifications of these seasons.

Kind of Game	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Ducks, wild	x	x	x	x	x	x	x	x	x	x	x	x
Grouse	x	x	x						x	x	x	x
Geese, wild	x	x	x	x	x	x	x	x	x	x	x	x
Hare	x	x	x	x	x	x			x	x	x	x
Partridges	x	x							x	x	x	x
Pheasants	x	x								x	x	x
Plovers	x	x								x	x	x
Possum	x	x				x	x	x	x	x	x	x
Ptarmigan	x	x	x	x	x	x	x	x	x	x	x	x
Quails	x	x							x	x	x	x
Snipe	x	x								x	x	x
Turkey, wild	x	x	x							x	x	x
Venison	x	x							x	x	x	x
Woodcock	x	x							x	x	x	x

## MEAT SEASONS

Kind of Meat	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Beef	x	x	x	x	x	x	x	x	x	x	x	x
Lamb	x	x	x	x	x	x	x	x	x	x	x	x
Lamb, Spring					x	x	x					
Mutton	x	x	x	x	x	x	x	x	x	x	x	x
Pork	x	x	x	x	x	x	x	x	x	x	x	x
Veal			x	x	x	x	x	x	x	x		

## POULTRY SEASONS

Kind of Poultry	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Capon		x	x	x	x	x	x	x	x	x	x	
Chicken, Broiler			x	x	x	x	x	x	x	x		
Chicken, Fricassee	x	x	x	x	x	x	x	x	x	x	x	x
Chicken, Roast	x	x	x	x	x	x	x	x	x	x	x	x
Duck		x	x	x	x	x	x	x	x	x	x	
Duckling				x	x	x	x	x	x			
Fowl	x	x	x	x	x	x	x	x	x	x	x	x
Goose	x	x				x	x	x	x	x	x	x
Gosling				x	x	x	x	x				
Guinea Hen	x	x		x	x	x	x	x	x	x	x	x
Peacock				x	x	x	x	x	x	x		
Pigeon	x	x					x	x	x	x		
Pullet				x	x	x	x					
Squab			x	x	x	x	x	x	x			
Turkey	x	x	x	x	x				x	x	x	x

## VEGETABLE SEASONS

[illegible]

## General Recipes

There are a number of recipes, such as dressings, sauces and stuffings, which are used with a variety of different dishes. In order to save space and to avoid constant repetition, these recipes are included in this section and are referred to in other sections of this book in the recipes for dishes with which they are used. This section of general recipes includes recipes for dressings, sauces, stuffings, the six basic methods of cooking eggs, etc.

### BREAD STUFFING

- $\frac{1}{4}$  cup of fat or bacon, cut in small pieces
- $\frac{1}{2}$  onion (small), cut in cubes
- 2 cups bread crumbs
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon sage
- 1 small bay leaf
- $\frac{1}{2}$  cup boiling water

Melt fat, add onion and bread. Stir until crumbs begin to brown, then add seasonings and boiling water. Let cool off before using. Chicken liver passed through a strainer may be added when stuffing is cold.

### FISH STUFFING

- 2 tablespoons onion, chopped
- 1 tablespoon parsley, chopped
- 2 cups bread crumbs
- $\frac{1}{2}$  cup butter, melted
- 1 cup water
- 1 egg
- salt and pepper to taste

Soak bread crumbs in water for 5 minutes. Drain off water and add other ingredients, mixing well. Use as a stuffing for large fish to be baked.

### OYSTER STUFFING

- 2 tablespoons flour
- 1 pint oysters
- $\frac{1}{4}$  teaspoon white pepper
- 3 cups bread crumbs
- $\frac{1}{2}$  cup butter or shortening, melted
- $\frac{1}{2}$  teaspoon salt
- 1 egg

Mix the ingredients together, adding the oysters at the last moment.



### BOILED EGGS

Drop eggs into boiling water and let boil

2 to 3½ minutes for soft boiled

3½ to 4½ minutes for medium soft

10 to 12 minutes for hard boiled

The variation in time of cooking depends much on the size of the eggs. For example, small eggs will be medium soft in 2½ minutes, while large eggs will require 3½ minutes to reach the same point of cooking.

### FRIED EGGS

**Method 1.** Put 2 teaspoons of butter in a frying pan. Let butter melt over slow fire. Break 2 eggs carefully into the pan, taking care not to break the yolks. Season with salt and pepper. Let cook slowly until the whites of the eggs are set.

**Method 2.** Put 1 tablespoon of butter or butter substitute in a frying pan. Melt over slow fire. Break 2 eggs as in Method 1. As soon as the butter starts to run out under the eggs, take a spoon and baste the eggs until cooked.

**Method 3. (turnover).** Use Method 1 until the whites of the eggs start to set. With a pancake turner turn the eggs on the other side and finish cooking. By this method the eggs are cooked on both sides.

### OMELET—PLAIN

Three eggs are usually required to make an omelet for one person.

Beat 3 eggs with a fork with ½ teaspoon salt and ⅓ teaspoon pepper. Beat until the eggs can pass through the fork without sticking to it. Melt 2 teaspoons of fat or butter or butter substitute in a hot frying pan. Pour in the eggs. Stir with a fork, at the same time shaking the pan, until the eggs start to set, carefully lifting the edges of the omelet to allow the uncooked portion to run underneath to be cooked. When the eggs are set, fold over and serve.

Additional food material can be added to the eggs before beating, or placed in the center of the omelet before folding. In the latter case, the food material should be heated first.

### POACHED EGGS

Boil water in a stew pan. Break an egg in a saucer and drop carefully into the boiling water. Cook slowly until the egg is set. Remove from water with a skimmer.

### SCRAMBLED EGGS

**1st Method.** Break eggs (3) into a bowl, and season with salt and pepper to taste. Beat with a fork until the eggs do not stick to the fork. Put 2 teaspoons of butter to melt in a small stew pan. Pour in the eggs. Cook over a slow fire, stirring all the time until the eggs thicken.

**2nd Method.** Put 2 teaspoons of butter to melt in a frying pan. Drop in the frying pan 3 eggs. Cook over a slow fire, and as the eggs thicken stir until cooked. Season to taste.

In scrambling eggs with other food material, this food material should always be mixed and beaten with the eggs before cooking.

### SHIRRED EGGS

Butter thickly a shirred egg dish, or baking dish. Put the dish on a slow fire to melt the butter. Break 2 eggs in the dish and season with salt and pepper. Keep the dish on the slow fire or put it in the oven and let cook long enough to set the whites of the eggs. Serve in the same dish.

### APPLE SAUCE

- 4 apples
- 2 tablespoons sugar
- $\frac{1}{2}$  cup water

Pare and core apples and cut in quarters. Put apples in saucepan with the water. Cook slowly until soft. Add the sugar and cook about 2 minutes longer. Beat and mix well.

### CAPER SAUCE

- 2 cups white sauce (see p. 47)
- 1 tablespoon vinegar
- $\frac{1}{3}$  cup capers

Make the white sauce. When boiling, add vinegar and capers.

### CARAMEL SAUCE (for Desserts)

- 2 cups granulated sugar
- 4 cups water, boiling

Put sugar in a saucepan. Put on fire and stir constantly until golden brown. Add boiling water and let cook for about 4 minutes.

### COUNTRY OR BROWN SAUCE OR GRAVY

- 2 tablespoons of fat or butter in which meat has been cooked
- 2 tablespoons flour
- 2 cups water
- seasonings to taste

Add flour to the fat in the utensil in which the meat has been cooked. Let it become brown (not burned). Add the water and stir until smooth and medium thick. Season to taste. Simmer for 3 minutes. Pass through a fine strainer—this gives a better and more appetizing appearance.

**CRANBERRY SAUCE**

- 1 quart cranberries
- 2 cups sugar
- $\frac{3}{4}$  cup water

Put all ingredients together in a saucepan. Cover until boiling starts. Remove cover and cook until berries have all burst, about 10 minutes.

**CREAM OR WHITE SAUCE**

	Butter	Flour	Milk	Salt
Thin .....	1 tablespoon	1 tablespoon	1 pint	$\frac{1}{2}$ teaspoon
Medium .....	2 tablespoons	2 tablespoons	1 pint	$\frac{1}{2}$ teaspoon
Thick .....	4 tablespoons	4 tablespoons	1 pint	$\frac{1}{2}$ teaspoon

Scald milk. Melt butter in a saucepan. Add flour and salt and let cook 1 minute, stirring constantly. Add milk little by little, stirring gently until it boils. Let boil 3 minutes.

**CURRY SAUCE**

- $3\frac{1}{2}$  cups cream or white sauce (see above)
- 1 tablespoon curry powder

While the cream sauce is still hot, mix in the curry powder.

**DRAWN BUTTER**

- 4 tablespoons butter
- 1 cup water
- $\frac{1}{3}$  teaspoon pepper
- $\frac{1}{3}$  teaspoon salt

Put all ingredients together in a sauce pan and bring slowly to boiling point. Strain through tea strainer and serve.

**EGG SAUCE (for Fish)**

- 1 cup white sauce (see above)
- 2 hard boiled eggs, chopped
- 1 tablespoon parsley, chopped
- $\frac{1}{2}$  teaspoon vinegar

Add parsley, vinegar and chopped eggs to the white sauce as soon as it is cooked, and stir well before serving.

**HARD SAUCE (for Desserts)**

- $\frac{1}{3}$  cup butter
- 1 cup powdered sugar
- $\frac{1}{2}$  teaspoon flavoring extract

Cream butter until light. Mix in sugar very slowly, beating until creamy. Add flavoring and beat again.

**LEMON OR ORANGE SAUCE (for Desserts)**

- 1 cup water
- 1 teaspoon corn starch
- 2 tablespoons sugar
- 2 tablespoons lemon or orange juice

Mix corn starch with a little cold water. Add to water and sugar and boil for 5 minutes. Then add fruit juice.

**LEMON SAUCE (for Puddings and Desserts)**

- $\frac{1}{2}$  cup sugar
- 2 tablespoons flour
- $1\frac{1}{2}$  cups boiling water
- 2 tablespoons butter
- $1\frac{1}{2}$  tablespoons lemon juice

Mix sugar with flour. Add boiling water. Boil slowly for about 3 minutes. Remove from fire and add lemon juice and butter, stirring all the time. Serve hot or cold.

**MAITRE d' HOTEL BUTTER**

- $\frac{1}{2}$  cup butter
- 1 tablespoon parsley, chopped
- 1 tablespoon lemon juice
- salt and pepper

Cream the butter with the salt and pepper. Add lemon juice and chopped parsley.

**MINT SAUCE**

- $\frac{1}{4}$  cup mint leaves, chopped
- $\frac{1}{2}$  cup vinegar
- $\frac{1}{4}$  cup water
- $\frac{1}{4}$  cup sugar

Mix all ingredients together and serve. Do not strain.

**PAPRIKA SAUCE**

- $3\frac{1}{2}$  cups cream or white sauce (see p. 47)
- 1 tablespoon paprika

While the cream sauce is still hot, mix in the paprika.

**TOMATO SAUCE**

- 2 slices of bacon, cut in small pieces
- 1 onion, chopped
- 2 tablespoons flour
- 5 medium sized tomatoes, chopped, or
- 2 cups strained canned tomatoes
- ½ bay leaf
- 1 clove
- ½ teaspoon salt
- pinch of pepper

Put bacon in sauce pan, add onion and brown slightly. Add flour, stirring all the time. Then add tomato. Continue to stir until boiling point is reached. Add clove, bay leaf, salt and pepper. Let boil slowly for 15 minutes. Pass through strainer, forcing all the sauce through with a spoon or whip.

**VANILLA SAUCE (for Puddings or Desserts)**

- 2 cups milk, scalded
- ⅓ cup flour
- 2 tablespoons sugar
- 2 eggs, yolks only
- 1 teaspoon vanilla extract

Mix flour, sugar, vanilla extract and yolks of egg. Add slowly the scalded milk. Beat well. Put in a sauce pan, place on fire and bring to a boil, stirring constantly. Pass through strainer before serving.

**CREAM DRESSING**

- ¾ pint thick cream
- ½ teaspoon salt and pepper
- ½ lemon, juice only

Mix salt and pepper with lemon juice. Add cream gradually, stirring constantly.

**EGG DRESSING**

Chop 2 hard boiled eggs not too fine. Add to French dressing (see below).

**FRENCH DRESSING**

- 2 tablespoons vinegar
- ½ teaspoon mustard
- ¼ teaspoon pepper
- ½ teaspoon salt
- 5 tablespoons salad or olive oil

Mix the mustard, salt and pepper with the vinegar. Add the oil by stirring or beating. Mix thoroughly.

### MAYONNAISE SAUCE OR DRESSING

- 2 yolks of egg
- 2 tablespoons vinegar
- 1 teaspoon pepper
- 2 teaspoons mustard
- 1 teaspoon salt
- 1½ cups olive or salad oil

Mix pepper, mustard and salt with yolks of egg. Add ½ tablespoon of the vinegar. Add oil gradually, stirring constantly. As soon as the mixture thickens, thin it with a little more of the vinegar. Proceed until all of the oil and vinegar are used. If oil is added too rapidly, mayonnaise will curdle. Smoothness can be restored by taking the yolk of another egg and adding to it little by little the curdled mixture. Mayonnaise should be stiff enough to hold its shape.

### COOKED MAYONNAISE

- 1 cup of thick white sauce (see p. 47)
- 2 yolks of egg
- ½ tablespoon mustard
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons olive oil

Add egg yolks, mustard, salt and pepper to the white sauce, and mix thoroughly. Then add little by little the olive oil or salad oil, stirring constantly.

### ROQUEFORT DRESSING

Add 2 tablespoons of Roquefort cheese creamed with a fork to a soft paste to French dressing (see p. 49).

### RUSSIAN DRESSING

- 2 cups mayonnaise sauce (see above)
- ½ cup thick chili sauce

Mix thoroughly. Cooked mayonnaise (see above) may be used in place of straight mayonnaise.

### SWEDISH DRESSING

- 1 cup of cream dressing (see p. 49)
- 1 tablespoon of grated horseradish

Mix thoroughly.

**TARTAR SAUCE OR DRESSING**

- 2 cups mayonnaise sauce (see p. 50)
- $\frac{1}{3}$  cup mixture of chopped parsley, onions and sour pickles

Before adding the chopped mixture, press pickles in towel to extract the vinegar. Then mix thoroughly with the other ingredients.

**THOUSAND ISLAND DRESSING**

- 2 cups mayonnaise sauce (see p. 50)
- $\frac{1}{4}$  cup ketchup
- $\frac{1}{3}$  cup chopped green and red pepper

Mix thoroughly.

**DUMPLINGS**

- 2 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon butter
- $\frac{2}{3}$  cup milk

Sift flour, salt and baking powder together. Put in a bowl and stir in slowly the butter and the milk. Drop by tablespoonfuls into a pan of boiling salted water. Cover the pan and let boil slowly for about 10 minutes.

**FRITTER BATTER—PLAIN**

- 1 cup flour
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 egg
- $\frac{2}{3}$  cup milk

Sift dry ingredients together. Add beaten egg and milk. Beat until smooth.

**MEAT STOCK FOR SOUP**

- 2 gallons water
- 2 pounds beef meat, any part
- 1 pound beef bones
- 2 carrots, peeled
- 3 onions, peeled
- 1 turnip, peeled
- 1 clove garlic
- 3 leeks, peeled
- 1 clove of cloves
- parsley
- seasonings to taste

Put water, beef, beef bones and seasonings in a kettle. Bring to a boil. Reduce the heat and skim. Let boil covered for about  $1\frac{1}{2}$  hours. Add the vegetables. Let cook for about  $1\frac{1}{2}$  hours. Strain.

**YORKSHIRE PUDDING**

1½ cups flour

1½ cups milk

3 eggs, beaten

½ teaspoon salt

Mix the flour and salt together, and then add gradually the milk until smooth. Then add the eggs beaten very light. Put some fat in a roasting pan and heat until hot. Pour in the Yorkshire pudding mixture to a depth of ½ inch. Bake in hot oven for about 20 minutes. Baste with some melted fat after pudding has risen. Cut in squares or large pieces in serving. This pudding may be served only with roasted meats.



# Salads

Salads are of great value in the diet, as they supply the body with water, mineral salts, acids and bulk.

Salads also are very good appetizers.

Salads are usually made of vegetables, fruits, nuts, fish, meat, poultry or a combination of any or all of these materials, with the addition of a dressing.

Salad dressings are helpful to the body as they generally contain a fat and an acid.

Attractiveness in preparing a salad is of first importance.

The attractiveness of a salad is increased by the use of garnishes.

All salads must be served cold.

Many good combinations in salad making can be obtained by utilizing leftovers in their preparation.

Intentionally the more common salads are omitted in this book. They are well known, and easy of preparation. The salads given here are unusual and are given to enable you to have a variety of salads for your menus.

## PRACTICAL HINTS

Green salads should not have the dressing added until just before serving.

Mayonnaise should not be added to salad until just before serving, as it may liquefy.

Fresh salad materials should be cleaned, wiped dry, and put in a salad bag in a cool place. Salad bags may be bought for a few cents in any department store and will always be found useful.

The leaves of vegetables grow bitter as they grow older.

## ASPARAGUS, NUT AND LETTUCE SALAD

Proportions of ingredients to taste

- asparagus tips
- nuts (any kind), chopped
- cream dressing (see p. 49)
- lettuce

Place on each leaf of lettuce 5 asparagus tips. Mix nuts with cream dressing and pour over the asparagus.

**BANANA, CELERY AND POTATO SALAD**

Proportions of ingredients to taste

celery, washed, chopped very fine  
potatoes, cold boiled, sliced  
bananas, sliced  
Russian dressing (see p. 50)  
lettuce

Mix celery, potatoes and bananas together with Russian dressing and serve on lettuce leaves.

**BEET, APPLE AND TOMATO SALAD**

Proportions of ingredients to taste

beets, cooked, peeled, sliced  
apples, peeled, cored, diced  
tomatoes, sliced  
lettuce  
Russian dressing (see p. 50)

On each plate place some leaves of lettuce. Arrange in the center 1 layer of beets, 1 layer of tomatoes, and 1 layer of diced apples. Cover with the Russian dressing.

**BEET, PEAR AND NUT SALAD**

Proportions of ingredients to taste

beets, cooked, peeled, diced  
nuts, chopped  
pears, peeled, cored, diced  
lettuce  
mayonnaise dressing (see p. 50)

On each plate place some leaves of lettuce. In the center place beets and pears mixed with the mayonnaise dressing. On top sprinkle the chopped nuts.

**BEET, POTATO AND CELERY SALAD**

Proportions of ingredients to taste

celery, washed, cut in small pieces  
beets, cold boiled, sliced  
potatoes, cold boiled, sliced  
cream dressing (see p. 49)  
lettuce

Mix all together and serve on leaves of lettuce.

**BLACKBERRY, BRUSSELS SPROUTS AND CELERY SALAD**

Proportions of ingredients to taste

blackberries, washed, picked  
Brussels sprouts, cold boiled, cut in two  
celery, washed, chopped  
lettuce  
French dressing (see p. 49)

On each plate place some leaves of lettuce. In the center arrange Brussels sprouts. Mix celery and blackberries and place around the Brussels sprouts. Add French dressing and serve.

**CABBAGE AND TUNA FISH SALAD**

Proportions of ingredients to taste

cabbage, washed, shredded  
tuna fish, canned, chopped  
lettuce  
French dressing (see p. 49)

Arrange lettuce leaves on each plate. Mix cabbage, tuna fish and French dressing. Let stand about 15 minutes. Arrange in center of lettuce leaves.

**CABBAGE, ORANGE AND EGG SALAD**

Proportions of ingredients to taste

cabbage, washed, shredded  
oranges, peeled, sliced  
eggs, hard boiled, cut in 6 quarters  
Russian dressing (see p. 50)

Mix cabbage with egg and shape into a ball. Place on a plate and serve with Russian dressing. Place one slice of orange on top.

**CABBAGE, RED PEPPER AND GRAPE SALAD**

Proportions of ingredients to taste

cabbage, washed, shredded  
grapes, washed, each cut in half  
red pepper, cleaned, pared, seeded  
lettuce  
mayonnaise dressing (see p. 50)

Chop red pepper very fine. Mix cabbage, grapes and red pepper with mayonnaise dressing and serve on lettuce leaves.

**CANTALOUPE, CELERY AND BLUEBERRY SALAD****Proportions of ingredients to taste**

cantaloupe, flesh only, sliced in small pieces  
celery, washed, cut in small pieces  
blueberries, washed, picked  
lettuce  
cream dressing (see p. 49)

On each plate place some leaves of lettuce. In the center place cantaloupe, celery and blueberries mixed together with the cream dressing.

**CARROTS, CELERY AND OLIVE SALAD****Proportions of ingredients to taste**

carrots, cooked, chopped  
celery, washed, chopped  
green olive, chopped very fine  
lettuce  
mayonnaise dressing (see p. 50)

Mix celery and carrots with mayonnaise dressing. Serve on lettuce leaves. Sprinkle top of salad with chopped green olive.

**CAULIFLOWER AND TOMATO SALAD****Proportions of ingredients to taste**

cauliflower, cold boiled, cut in large pieces  
tomatoes, sliced  
lettuce, cut in 6 quarters  
egg dressing (see p. 49)

On each plate place a quarter of lettuce in the middle. On one side of the lettuce place some cauliflower and on the other side 2 slices of tomato. Serve with egg dressing.

**CELERY, BANANA AND TOMATO SALAD****Proportions of ingredients to taste**

celery, washed, cut in strips  
tomatoes, sliced  
bananas, peeled, sliced  
lettuce  
Russian dressing (see p. 50)

On each plate place some leaves of lettuce. Mix celery, bananas and Russian dressing together. Arrange in the center of lettuce leaves. Decorate with the slices of tomato.

**CELERY, CRAB AND CHICKEN SALAD**

Proportions of ingredients to taste

celery, washed, chopped  
crab meat, sold, picked  
chicken, cold boiled or roasted, chopped not too fine  
lettuce  
Russian dressing (see p. 50)

On each plate place some leaves of lettuce. In the center place celery, crab meat, chicken and Russian dressing mixed together.

**CHICKEN AND CAULIFLOWER SALAD**

Proportions of ingredients to taste

chicken, cold-boiled or roasted, diced  
cauliflower, cooked, cut in large pieces  
lettuce  
mayonnaise dressing (see p. 50)

On each plate place some leaves of lettuce. In the center place chicken and cauliflower mixed together. Cover thickly with mayonnaise dressing.

**CHICKEN LIVER, CELERY AND GREEN PEPPER SALAD**

Proportions of ingredients to taste

chicken liver, cold boiled, diced fine  
celery, washed, chopped  
green pepper, washed, seeded, cut in strips  
lettuce  
Russian dressing (see p. 50)

On each plate place some leaves of lettuce. Mix chicken liver, celery, green pepper and Russian dressing together. Place the mixture in the center of the lettuce leaves.

**CHICKEN, TONGUE AND POTATO SALAD**

Proportions of ingredients to taste

chicken meat (white and dark), cold boiled or roasted,  
cut in cubes  
potatoes, cold boiled, cut in cubes  
lettuce  
mayonnaise dressing (see p. 50)

Mix chicken and potatoes with mayonnaise dressing and serve on lettuce leaves.

**CODFISH, GRAPEFRUIT AND POTATO SALAD**

Proportions of ingredients to taste

codfish, cold boiled, boned, flaked  
grapefruit, peeled, quartered  
potatoes, cold boiled, sliced  
lettuce  
mayonnaise dressing (see p. 50)

On each plate place some leaves of lettuce. Mix the codfish, grapefruit and potatoes with the mayonnaise sauce. Place in the center of the lettuce leaves.

**CORN, LIMA BEAN AND GREEN PEPPER SALAD**

Proportions of ingredients to taste

corn, cold boiled, cut from cob  
lima beans, cold boiled  
green pepper, washed, seeded, cut in small cubes  
lettuce  
cream dressing (see p. 49)

On each plate place some leaves of lettuce. Mix together corn, lima beans, green pepper and cream dressing. Place in the center of lettuce leaves.

**CURRENT, LAMB AND CELERY SALAD**

Proportions of ingredients to taste

currents, washed, picked  
lamb, cold roast or boiled, cut in small strips  
celery, washed, cut in small strips  
lettuce  
mayonnaise dressing (see p. 50)

On each plate place some leaves of lettuce. Mix currents, lamb, celery and mayonnaise. Arrange in center of lettuce leaves.

**EGG, DATES AND HAM SALAD**

Proportions of ingredients to taste

dates, pitted  
ham, cold boiled, chopped  
egg, hard boiled, sliced  
lettuce  
cream dressing (see p. 49)

Mix dates and ham with cream dressing. Serve on lettuce leaves. Place slices of egg around dates and ham.

**GREEN PEPPER, ONION AND SWEET POTATO SALAD**

Proportions of ingredients to taste

green pepper, washed, seeded, cut in strips  
onion, peeled, sliced, washed after slicing  
sweet potato, cold boiled, diced  
lettuce  
Thousand Island dressing (see p. 51)

On each plate place some leaves of lettuce. In the center place green pepper, onion, sweet potato and Thousand Island dressing mixed together.

**LETTUCE, BARLEY AND PINEAPPLE SALAD**

Proportions of ingredients to taste

barley, cooked and cold  
lettuce, washed, shredded  
pineapple, slices cut in halves  
Russian dressing (see p. 50)

Mix lettuce and barley with the Russian dressing. Place in the center of plate. Arrange around the mixture the slices of pineapple.

**LETTUCE, RADISH AND APPLE SALAD**

Proportions of ingredients to taste

apples, peeled, pared, sliced very thin  
radishes, washed, sliced  
lettuce, cut in 4 quarters  
French dressing (see p. 49)

On each quarter of lettuce place slices of apple, and on top of apples place slices of radishes. Serve with French dressing.

**LETTUCE, RED PEPPER AND ORANGE SALAD**

Proportions of ingredients to taste

lettuce, washed, chopped  
red pepper, washed, seeded, cut in strips  
oranges, peeled, quartered  
mayonnaise dressing (see p. 50)

Mix lettuce, oranges and mayonnaise. Place on center of plate. Arrange all around mixture the strips of red pepper.

**LIMA BEANS, POTATO AND HORSERADISH SALAD**

Proportions of ingredients to taste

lima beans, cold boiled  
potatoes, cold boiled, sliced  
horseradish, grated  
cream dressing (see p. 49)  
lettuce

Mix lima beans and potatoes with cream dressing, add the horseradish and serve on lettuce leaves.

**LOBSTER AND APRICOT SALAD****Proportions of ingredients to taste**

apricots, each cut in six quarters  
lobster meat, cold boiled, cut in cubes  
lettuce, chopped and whole  
cream dressing (see p. 49)

Mix lobster and chopped lettuce with cream dressing and serve on lettuce leaves. Decorate with quarters of apricots.

**MACARONI, TOMATO AND ONION SALAD****Proportions of ingredients to taste**

macaroni, cold boiled, cut in small pieces  
tomatoes, peeled, cut in pieces  
onion, peeled, chopped  
lettuce  
French dressing (see p. 49)

On each plate place some leaves of lettuce. Mix the onion, tomatoes and macaroni with the French dressing. Place in center of the lettuce leaves.

**NAVY BEANS AND STRING BEANS SALAD****Proportions of ingredients to taste**

navy beans, boiled in salt and water—no molasses—cold  
string beans, cold boiled, cut in large pieces  
lettuce  
French dressing (see p. 49)

Mix together navy and string beans and serve on lettuce leaves with French dressing.

**PEAR, CHICORY AND TOMATO SALAD****Proportions of ingredients to taste**

chicory, washed, chopped not too fine  
pears, peeled, pared, cut in small cubes  
tomatoes, sliced  
lettuce  
cream dressing (see p. 49)

Mix chicory and pears with cream dressing, and serve on lettuce leaves. Place on top of each salad one slice of tomato.



**PEAS, CHEESE AND CELERY SALAD**

Proportions of ingredients to taste

green peas, cooked and cold  
cheese (Swiss), grated  
celery leaves, washed, chopped  
lettuce  
mayonnaise dressing (see p. 50)

On each plate place some leaves of lettuce. Mix peas, celery and mayonnaise. Arrange in the center of lettuce leaves. Sprinkle with the grated cheese.

**PINEAPPLE, RICE AND RASPBERRY SALAD**

Proportions of ingredients to taste

pineapple, sliced, cut in small pieces  
rice, cold boiled  
raspberries, washed, picked  
lettuce  
cream dressing (see p. 49)

On each plate place some leaves of lettuce. In the center place the pineapple, rice, raspberries and cream dressing mixed together.

**POTATO, CELERY AND ANCHOVY SALAD**

Proportions of ingredients to taste

potato, cold boiled, diced  
celery, washed, cut in small pieces  
anchovies, chopped filets  
lettuce  
mayonnaise dressing (see p. 50)

On each plate place some leaves of lettuce. Mix potato, anchovies and mayonnaise together. Arrange in the center of lettuce leaves. Decorate around the mixture with the pieces of celery.

**POTATO, GREEN PEAS AND CORN SALAD**

Proportions of ingredients to taste

green peas, cooked and cold  
potatoes, cold boiled, cut in small cubes  
sweet corn, cooked on the cob, cut off and washed  
lettuce  
mayonnaise dressing (see p. 50)

Mix potatoes, corn and green peas with mayonnaise dressing. Serve on lettuce leaves.

**POTATO, SHRIMP AND SARDINE SALAD**

Proportions of ingredients to taste

potatoes, cold boiled, diced  
shrimps, cold boiled, shelled, diced  
sardines (canned), chopped  
lettuce  
Russian dressing (see p. 50)

Place on each plate some lettuce leaves. Mix together the potatoes, shrimps, sardines and Russian dressing. Place the mixture in the center of the lettuce leaves.

**RASPBERRY AND CREAM CHEESE SALAD**

Proportions of ingredients to taste

cream cheese, mashed to a cream with a little mustard  
lemon juice  
oil  
raspberries, washed and picked  
lettuce leaves

On each plate place some leaves of lettuce. Arrange the raspberries in the center. Pour over them a dressing made of the mashed cream cheese, lemon juice and oil.

**RED CABBAGE AND CELERY SALAD**

Proportions of ingredients to taste

red cabbage, raw, washed, shredded  
celery, washed, chopped  
lettuce  
Thousand Island dressing (see p. 51)

On each plate place some leaves of lettuce. Mix red cabbage and celery with the Thousand Island dressing. Place in center of lettuce leaves.

**RED CABBAGE, GRAPEFRUIT AND EGG SALAD**

Proportions of ingredients to taste

red cabbage, washed, shredded  
grapefruit, quartered  
egg, cold hard boiled, chopped not too fine  
lettuce  
French dressing (see p. 49)

On each plate place some leaves of lettuce. Mix the shredded red cabbage with the grapefruit. Arrange in the center of the lettuce leaves. Cover with French dressing. Sprinkle the top with chopped egg.

**RICE, APPLE AND LETTUCE SALAD**

Proportions of ingredients to taste

rice, cold boiled  
lettuce, washed, shredded  
apples, peeled, cored, quartered, sliced  
French dressing (see p. 49)

Mix together lettuce and rice. Put in the center of plate. Arrange around the mixture the sliced apples. Pour over the French dressing.

**ROMAINE, PINEAPPLE AND TOMATO SALAD**

Proportions of ingredients to taste

pineapple, cut in small cubes  
tomatoes, sliced  
romaine, cut in 4 quarters  
cream dressing (see p. 49)

Place on each quarter of romaine 1 slice of tomato. On top of tomato place the pineapple and serve with cream dressing.

**SHAD ROE AND CELERY SALAD**

Proportions of ingredients to taste

shad roe, cold, boiled slowly, cut in small slices  
celery, washed, chopped  
lettuce  
Thousand Island dressing (see p. 51)

On each plate place some leaves of lettuce. Mix shad roe, celery and Thousand Island dressing. Arrange in the center of the lettuce leaves.

**SHRIMP, GRAPEFRUIT AND WATERCRESS SALAD**

Proportions of ingredients to taste

grapefruit, meat only, each section cut in half  
shrimps, cut in cubes  
watercress, washed, chopped  
mayonnaise dressing, thick (see p. 50)  
lettuce

Mix all together with dressing and serve on lettuce leaves.

**SPINACH AND EGG SALAD**

Proportions of ingredients to taste

spinach, cold boiled, chopped  
eggs, hard boiled, cold, sliced  
lettuce  
French dressing (see p. 49)

On each plate place some leaves of lettuce. In the center arrange the spinach. Place slices of egg around the spinach. Pour over the salad the French dressing.

**SPINACH, POTATO AND ANCHOVY SALAD**

Proportions of ingredients to taste

potatoes, cold boiled, sliced  
anchovies, cut in large pieces  
spinach, chopped (cooked)  
French dressing (see p. 49)

Mix all together and serve directly on plate with dressing.

**STRING BEANS AND EGG SALAD**

Proportions of ingredients to taste

string beans, cold boiled, cut in large pieces  
egg, cold, hard boiled, chopped not too fine  
lettuce  
mayonnaise dressing (see p. 50)

On each plate place some leaves of lettuce. In the center arrange the string beans. Cover with mayonnaise. Sprinkle the top with chopped egg.

**SWEET POTATO, CELERY AND ORANGE SALAD**

Proportions of ingredients to taste

oranges, peeled, sliced  
sweet potatoes, cold boiled, cut in small cubes  
celery, washed, chopped very fine  
lettuce  
mayonnaise dressing (see p. 50)

Mix celery and potatoes with dressing and serve on lettuce leaves. Place on top of each salad one slice of orange.

**TOMATO, FINNAN HADDIE AND OLIVE SALAD**

Proportions of ingredients to taste

tomatoes, peeled, sliced  
finnan haddie, cold boiled, skinned, boned, flaked  
olives, ripe, pitted and chopped  
lettuce  
mayonnaise dressing (see p. 50)

On each plate place some leaves of lettuce. Mix tomatoes, finnan haddie, olives and mayonnaise together. Place in the center of lettuce leaves.

**TOMATO, STRING BEAN AND LETTUCE SALAD**

Proportions of ingredients to taste

string beans, cold boiled, cut in large pieces  
tomatoes, sliced in half slices  
lettuce  
French dressing (see p. 49)

On leaves of lettuce put with a spoon a small quantity of string beans. Decorate with half slices of tomato. Serve with French dressing.

**TURNIP, SWEET POTATO AND BEET SALAD**

Proportions of ingredients to taste

turnips, cold boiled, diced

sweet potatoes, cold boiled, peeled, diced

beets, cold boiled, peeled, diced

lettuce

mayonnaise dressing (see p. 50)

On each plate place some leaves of lettuce. In the center place sweet potatoes and turnips. Cover with mayonnaise dressing. Decorate around the potatoes and turnips with the diced beets.

**WALNUT, BEET AND POTATO SALAD**

Proportions of ingredients to taste

beets, cold boiled, sliced

potatoes, cold boiled, sliced

walnuts, chopped

lettuce

mayonnaise dressing (see p. 50)

On each plate place some leaves of lettuce. Mix beets, potatoes and mayonnaise dressing. Arrange the mixture in the center of the lettuce leaves. Sprinkle with chopped nuts.

# Sandwiches

Sandwiches are easily made and are nutritious.

Sandwiches may be used for a quick lunch in the home, or for picnics.

They may be made of many different food materials and may be cut in a variety of shapes to please the eye.

Attractiveness in serving increases the appetite.

Sandwiches can be of great value in utilizing leftovers.

When using only one slice of bread or breadstuff, in a way to show the food material, the sandwich takes the name of **canape**.

Sandwiches are made as follows:

1. Two thin slices of bread (white, brown, graham, nut, raisin, etc.), or Two crackers, or Rolls, biscuits, or muffins cut in halves.
2. The slices of bread or breadstuff are buttered with creamed butter or a mixture of butter and some food material or ingredient.
3. Thin slices, purees, or chopped food material (used alone or in combination) are placed between the slices of bread or pieces of breadstuff.

## HOW TO MAKE SANDWICHES

1. Cream the butter and add a little salt and pepper, or When a mixture of butter and other food material or ingredient is used, cream the butter first and add the other material, mixing thoroughly. A good proportion for butter mixture is 60 per cent butter and 40 per cent food material.
2. Slice or cut the bread or breadstuff. Keep the slices of bread or breadstuff in the order of their slicing so that they may fit together after filling. And remember that bread used for sandwiches cuts better when a day old. Spread the butter or butter mixture on the slices.
3. Place the food material (such as slices of ham, fowl, cheese, sardines, roast beef, smoked salmon, chopped lettuce, chopped nuts, etc.) on one buttered slice.
4. Cover with the other slice and press lightly.
5. Trim the sandwiches by cutting crust or removing pieces of food material showing on the outside.
6. Cut or shape as desired (square, round, oblong, triangular).

## HOW TO KEEP SANDWICHES MOIST

The action of air dries the slices of bread or breadstuff very quickly. The best ways of keeping sandwiches moist are: exclusion of air; added moisture; keeping in a cool place.

Cover sandwiches with a slightly damp napkin,  
or

Wrap them in paraffin paper.

Then place them in a cool place in a closed container, such as a box, jar, covered soup tureen, or a covered bowl.

## ALL FRUIT SANDWICH

For each sandwich

- 2 slices of buttered bread
- 2 tablespoons of any kind or mixture of fruits, chopped  
not too fine
- 1 tablespoon granulated sugar

Sprinkle the sugar on each slice of buttered bread. Spread the fruit mixture on both slices of bread. Put together and press lightly.

## ALL VEGETABLE SANDWICH

For each sandwich

- 2 slices of buttered bread
- 2 tablespoons of any kind of cooked vegetables  
(except asparagus), chopped together
- 1 tablespoon mayonnaise sauce (see p. 50)

Mix the chopped vegetables with the mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

## AMERICAN CHEESE AND MINT SANDWICH

For each sandwich

- 2 slices of buttered bread
- 4 tablespoons American cheese, chopped
- 1 tablespoon butter, creamed
- 3 mint leaves, chopped
- ½ teaspoon vinegar

Mix thoroughly in a bowl the mint with the butter and cheese. Add the vinegar slowly, stirring constantly. Spread on both slices of bread, put together and press lightly.

**ANCHOVY AND APPLE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 apple
- 4 anchovy filets
- 1 teaspoon capers

Peel and core apple, and pass through the meat grinder the apple, anchovy filets and capers. Mix well in a bowl. Spread on both slices of bread, put together and press lightly.

**ANCHOVY AND SMOKED SALMON SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 4 filets of anchovy (in oil)
- 1 slice of smoked salmon

Chop the filets of anchovy with the smoked salmon. Spread on both slices of bread, put together and press lightly.

**BACON AND NUT SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 slices of bacon
- 1 tablespoon nuts (any kind), chopped
- 1 tablespoon mayonnaise sauce (see p. 50)

Fry the slices of bacon. When cold, chop fine. Mix together the nuts, bacon and mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

**BAKED BEANS SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 3 tablespoons of baked beans, passed through meat grinder
- 1 tablespoon chili sauce

Mix the baked beans with the chili sauce. Spread on both slices of bread, put together, and press lightly.

**BANANA AND ORANGE MARMALADE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 banana
- 2 tablespoons orange marmalade

Chop banana and mix with orange marmalade in a bowl. Spread on both slices of bread, put together and press lightly.



**BANANA,, LETTUCE AND ANCHOVY SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 banana
- 1 lettuce leaf
- ½ teaspoon anchovy paste

Slice the banana thin and shred the lettuce leaf. Spread the anchovy paste on each slice of bread. Place the banana slices on one slice of bread; on the other slice of bread place the shredded lettuce. Put slices together and press lightly to make them stick.

**BET AND HORSE RADISH SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 tablespoon horseradish, chopped
- 2 tablespoons cooked red beets, chopped

Mix horseradish with the chopped beets. Spread on both buttered slices of bread. Place together and press lightly.

**BET AND POTATO SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 tablespoon mayonnaise sauce (see p. 50)
- ½ tablespoon potato, cold boiled and chopped fine
- 1 tablespoon beets, cooked, chopped and cold

Mix the chopped potato and chopped beets together with the mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

**BET AND SARDINE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 cooked red beet, medium size
- 2 boneless sardines in oil

Chop the beet and the sardines together. Spread on both slices of bread, put together and press lightly.

**CARROTS AND SWISS CHEESE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 boiled carrot, large
- 2 tablespoons Swiss cheese, grated

Pass carrot through meat grinder. Mix well with the grated cheese, and season to taste. Spread on both slices of bread, put together and press lightly.

**CELERY AND FIG SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 4 dried figs
- celery
- 1 tablespoon mayonnaise dressing (see p. 50)

Pass through meat grinder the figs with enough celery (cleaned) to make a stiff paste. Add the mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

**CELERY, CARROT AND CHICKEN SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 tablespoon cooked carrots, chopped
- 1 tablespoon celery leaves, washed, chopped
- 2 slices boiled or roasted cold chicken
- 1 teaspoon mayonnaise sauce (see p. 50)

Mix the celery and carrots with the mayonnaise. Spread on both slices of bread. On one slice place the slices of chicken. Cover with the other slice.

**CHEESE AND PEAS SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 3 tablespoons cooked green peas
- 1 tablespoon Swiss cheese, grated
- 1 tablespoon mayonnaise sauce (see p. 50)

Pass peas through meat grinder. Mix well with mayonnaise sauce and grated cheese. Spread on both slices of bread, put together and press lightly.

**CHEESE, CELERY AND APPLE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 slices of Swiss cheese
- $\frac{1}{4}$  apple (raw), peeled, cored
- 1 tablespoon celery leaves, chopped

Chop together the cheese and the apple and mix with the chopped celery leaves. Spread on both slices of bread, put together and press lightly.

**CLAM AND CELERY SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 4 chopped steamed hard clams
- $\frac{1}{2}$  tablespoon celery leaves, chopped
- 2 tablespoons mayonnaise sauce (see p. 50)

Mix chopped clams and celery leaves with mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

**CLUB SANDWICH**

For each sandwich

- 2 toasted and buttered slices of bread
- 2 slices of fresh fried bacon
- 4 slices of cold chicken (boiled or roasted)
- 1 tablespoon mayonnaise sauce (see p. 50)
- 2 leaves of lettuce

Arrange on each buttered slice of bread first a leaf of lettuce, then bacon, and then chicken. Cover with mayonnaise. Gently turn one part on top of the other.

**CORNERED BEEF AND EGG SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 slice of corned beef
- 1 hard boiled egg
- 1 tablespoon mayonnaise sauce (see p. 50)

Chop the corned beef and the egg and mix with the mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

**CRAB MEAT AND RED PEPPER SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 tablespoons crab meat
- 1 tablespoon red pepper
- 1 tablespoon mayonnaise sauce (see p. 50)

Chop red pepper. Mix with the crab meat and mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

**CREAM AND SWISS CHEESE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 tablespoons cream cheese
- 2 tablespoons Swiss cheese, grated

Cream the cream cheese and fold in the grated Swiss cheese. Spread on both slices of bread, put together and press lightly.

**EGG AND HONEY SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 hard boiled eggs
- 1 tablespoon honey

Chop eggs not too fine and mix with the honey. Spread on both slices of bread, put together and press lightly.

**EGG AND WATERCRESS SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 hard boiled egg
- 1 tablespoon watercress, chopped
- 1 tablespoon mayonnaise sauce (see p. 50)

Chop hard boiled egg and mix with the chopped watercress. Add the mayonnaise sauce and mix thoroughly. Spread on both slices of bread, put together and press lightly.

**EGG, HERRING AND CHEESE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- ½ fillet of marinated herring
- 1 slice of American cheese
- ½ hard boiled egg

Chop all ingredients together and spread on both slices of bread, put together and press lightly.

**EGG, SPINACH AND HAM SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 hard boiled egg
- 1 slice of ham
- 1 tablespoon raw spinach, chopped
- 1 tablespoon mayonnaise sauce (see p. 50)

Chop all ingredients together and add the mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

**FINNAN HADDIE AND GREEN PEPPER SANDWICH**

For each sandwich

- 2 slices of buttered bread
- $\frac{1}{2}$  green pepper, chopped
- 1 tablespoon boned cooked finnan haddie
- 1 tablespoon mayonnaise sauce (see p. 50)

Mix all ingredients together. Spread on both slices of bread, put together and press lightly.

**HAM AND LETTUCE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 slices of boiled ham
- 2 leaves of lettuce, washed

Chop boiled ham and lettuce until fine. Season to taste. Spread on both slices of bread, put together and press lightly.

**HAM AND PINEAPPLE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 slices of boiled ham
- 2 tablespoons pineapple, chopped
- 1 tablespoon mayonnaise sauce (see p. 50)

Chop slices of ham very fine and mix with chopped pineapple and mayonnaise. Spread on both slices of bread, put together and press lightly.

**HAM AND SWISS CHEESE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- $\frac{1}{2}$  teaspoon mustard, spread on slices of bread
- 1 slice of boiled ham
- 1 slice of Swiss cheese

Place ham on one slice of bread, cheese on the other. Put together, press lightly, and serve.

**HAM, OLIVE AND CELERY SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 tablespoon cold boiled ham, chopped
- 3 ripe olives
- 1 tablespoon celery leaves, chopped
- dash of vinegar

Pit and chop the olives. Mix all ingredients together. Spread on both slices of bread, put together and press lightly.

**LETTUCE AND CHICKEN LIVER SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 chicken liver, boiled
- 2 leaves of lettuce
- 1 tablespoon mayonnaise sauce (see p. 50)

Chop the chicken liver and the lettuce leaves. Mix with the mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

**LOBSTER AND PEANUT SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 tablespoons of meat of cold, cooked lobster, chopped
- 1 tablespoon peanut butter
- 1 teaspoon vinegar

Cream the peanut butter and fold in the chopped lobster. Add the vinegar and mix well. Spread on both slices of bread, put together and press lightly.

**MUSHROOM AND LOBSTER SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 tablespoons meat of cold boiled lobster, chopped
- 4 small cooked mushrooms
- 1 tablespoon mayonnaise sauce (see p. 50)

Chop the mushrooms very fine and mix with the chopped lobster and mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

**NUT AND HORSERADISH SANDWICH**

For each sandwich

- 2 slices of buttered bread
- $\frac{1}{2}$  tablespoon horseradish, grated
- 1 tablespoon nuts, chopped
- 2 teaspoons mayonnaise sauce (see p. 50)

Mix all ingredients together and spread on both slices of bread, put together and press lightly.

**NUT, HAM AND EGG SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 tablespoon nuts
- 1 hard boiled egg
- 1 tablespoon boiled ham
- 1 tablespoon mayonnaise sauce (see p. 50)

Chop boiled ham, nuts and egg together. Mix with the mayonnaise sauce. Spread on both slices of bread, put together and press lightly.

**OLIVE AND TONGUE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 5 green olives, pitted
- 1 tablespoon smoked tongue, chopped
- ½ tablespoon chili sauce

Chop the olives and mix with the tongue. Add the chili sauce. Spread on both slices of bread, put together and press lightly.

**ORANGE MARMALADE AND CREAM CHEESE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 tablespoon orange marmalade
- 2 tablespoons cream cheese

Mash and cream the cheese. Add little by little the orange marmalade. Spread on both slices of bread, put together and press lightly.

**ORANGE PEEL AND CHICKEN SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 3 slices of cold chicken
- 1 tablespoon mayonnaise sauce (see p. 50)
- ½ orange, peel only

Chop the orange peel very fine and mix with the mayonnaise sauce. Place the slices of chicken on one slice of the bread. Spread the mixture over the chicken and cover with the other slice of bread. Do not press.

**PORK, LETTUCE AND PICKLE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 sour pickle, medium size
- 2 leaves of lettuce
- 1 slice of cold roast pork
- 1 tablespoon ketchup

Chop the pork, then chop the pickle and lettuce leaves together. Add to the mixture the ketchup and mix well. Spread on both slices of bread, put together and press lightly.

**PUMPERNICKEL AND SMOKED SALMON SANDWICH**

For each sandwich

- 2 slices of buttered pumpernickel bread
- 2 slices of smoked salmon

Put one slice of salmon on each piece of bread. Put together, press lightly and serve.

**RADISH AND CHEESE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 4 radishes
- 2 slices American cheese

Slice the radishes. Put one slice of American cheese on each slice of bread, and arrange on top of them the slices of radish. Put slices together and press lightly to make them stick.

**RADISH AND PIMENTO SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 4 radishes
- 1 red pimento (canned)
- $\frac{1}{2}$  teaspoon vinegar

Slice the radishes not too thick. Chop the pimento. Spread on one slice of bread the pimento; on the other slice of bread place the slices of radish. Sprinkle with the vinegar. Put slices together and press lightly to make them stick.



**SARDINES AND OLIVE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 4 sardines (in oil or tomato sauce)
- 6 green olives, pitted
- 6 ripe olives, pitted

Chop the sardines and olives together and spread on one buttered slice of bread. Place second slice of bread on top of first and press lightly.

**SCRAMBLED EGG AND HAM SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 slice of cold boiled ham
- 2 eggs
- 1 teaspoon butter
- salt and pepper to taste

Scramble the eggs (see p. 46). Chop the slice of ham not too fine and mix with the eggs. Spread on both slices of bread; put together and press lightly.

**SEA FOOD SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 tablespoon crab meat, chopped
- 1 tablespoon lobster, chopped
- 1 tablespoon chili sauce

Mix together all ingredients. Spread on both slices of bread, put together and press lightly.

**STRAWBERRY WATERCRESS SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 tablespoons watercress, chopped
- 10 strawberries, cut in halves

Spread the chopped watercress on both slices of bread. Arrange on each slice the strawberries. Place one slice on top of the other and press lightly.

**TOMATO AND FIG SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 slices of tomato
- 3 dry figs

Chop the figs fine. Spread on both slices of bread. Place slices of tomato on one slice of bread. Cover with the other slice.

**TOMATO, EGG AND CHEESE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 1 hard boiled egg
- 1 tablespoon American cheese, grated
- 4 slices of tomato (thin)
- 1 tablespoon mayonnaise sauce (see p. 50)

Chop egg. Mix egg, cheese and mayonnaise sauce. Spread on both slices of bread. Place tomato slices on each slice of bread. Put slices of bread together and press lightly.

**TURKEY AND CRANBERRY SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 slices of cold roast or boiled turkey
- 1½ tablespoons cranberry sauce (see p. 47)

Spread the cranberry sauce on both slices of bread. Place the slices of turkey on one slice of bread and cover with the other slice of bread.

**WATERCRESS AND ORANGE SANDWICH**

For each sandwich

- 2 slices of buttered bread
- 2 tablespoons watercress, chopped
- 1 orange

Peel and slice the orange in thin slices. Spread chopped watercress on each slice of bread. Arrange the slices of orange on one slice of the bread. Put slices of bread together and press lightly.

# Timed Recipes

The 1,000 recipes in this chapter of the book are timed according to both preparation and cooking. There are five sections of Timed Recipes, as follows: "5 to 15 Minute Recipes"; "15 to 30 Minute Recipes"; "30 to 45 Minute Recipes"; "45 Minute to 1 Hour Recipes"; "Over 1 Hour Recipes." The "5 to 15 Minute Recipes" section and the "15 to 30 Minute Recipes" section are divided into Soups, Eggs, Fish, Meats and Entrees, Vegetables, and Desserts. The "30 to 45 Minute Recipes" section is divided into Soups, Fish, Meats and Entrees, Vegetables, and Desserts. No Egg recipes are included in this section, as egg dishes can be cooked in less than 30 minutes. The "45 Minute to 1 Hour Recipes" section and the "Over 1 Hour Recipes" section are divided into Soups, Meats and Entrees, Vegetables, and Desserts. No Egg recipes or Fish recipes are included in these sections, as egg dishes can be cooked in less than 30 minutes, and fish can be cooked in less than 45 minutes.

In a few recipes extra time is allowed for cooling before serving. For instance, some of the desserts which are served cold are put under the "30 to 45 Minute Recipes" section to allow for the cooling, although the actual time for the preparation of the ingredients and their cooking is only 5 to 10 minutes.

Most dishes, however, are served hot and the time for their preparation and cooking is the basis for the section in which their recipes have been placed. The times given for the recipes allow for peeling, cleaning, cutting and any other necessary preparation. The recipes under the "5 to 15 Minute Recipes" section take from 5 to 15 minutes for preparation and cooking, and so on.

All of these Timed Recipes are for 4 persons, with the exception of omelets, which are given for 1 person for the sake of convenience, as explained in the "5 to 15 Minute Recipes" section with the recipes for omelets. The recipes may easily be increased or decreased according to the number of people to be served.

The 1,000 recipes in this Timed Recipes chapter of the book are divided as follows:

Soup Recipes .....	150
Egg Recipes .....	100
Fish Recipes .....	150
Meat and Entree Recipes .....	250
Vegetable Recipes .....	250
Dessert Recipes .....	100
<hr/>	
Total Recipes .....	1,000

The number of recipes in each section are as follows:

5 to 15 Minute Recipes .....	255
15 to 30 Minute Recipes .....	300
30 to 45 Minute Recipes .....	280
45 Minute to 1 Hour Recipes .....	110
Over 1 Hour Recipes .....	55
<hr/>	
Total Recipes .....	1,000

Over one-half the recipes in this chapter take less than 30 minutes for the preparation and cooking of the dishes. It will be noted that, except in the case of dishes which are well known by some special name, for the convenience of the housewife and since fancy names are misleading, all of the dishes in this chapter are listed according to the ingredients used. The author of the book sincerely hopes that his selection of unusual dishes which can be served in such a short time will afford real pleasure to the housewife.

## 5 to 15 Minute Recipes

The preparation and cooking of the dishes for which the recipes are given in this section take from 5 to 15 minutes. There are 255 recipes and they are divided as follows:

Soup Recipes .....	25
Egg Recipes .....	70
Fish Recipes .....	60
Meat and Entree Recipes .....	50
Vegetable Recipes .....	30
Dessert Recipes .....	20
<b>Total Recipes .....</b>	<b>255</b>

## Soups

### ALL HERBS SOUP

- 2 onions, peeled, chopped fine
- 1 cup celery, washed, chopped fine
- 1 cup parsley, washed, chopped fine
- 1 cup spinach, washed, chopped fine
- 3 tablespoons butter
- 5 cups water, boiling
- seasonings to taste

To save time, parsley, celery and spinach may be passed through a meat chopper. Put all ingredients in the boiling water. Cover and boil quickly for 6 minutes. Then serve.

### ALPHABETICAL PASTE, MILK AND CHEESE SOUP

- 1 cup alphabetical paste
- 1 quart milk
- ½ cup Swiss or Parmesan cheese, grated
- 1 cup water
- seasonings to taste

Boil water, milk and seasonings. When boiling, add the alphabetical paste. Let cook for about 10 minutes. Sprinkle each soup plate with the grated cheese. Pour over it the soup.

**All these Recipes are for 4 persons.**

**BANANA AND CELERY SOUP**

- 3 bananas
- 2½ cups boiling water
- 2 tablespoons celery, chopped very fine
- 1 tablespoon butter
- 1 cup milk
- seasonings to taste

Peel and slice the bananas. Put in a sauce pan with boiling water and celery. Add the seasonings. Let boil for 12 minutes. Scald the milk and add the butter. Pour into sauce pan with the bananas and celery. Mix well and serve.

**CLAM BROTH**

- 24 clams, well washed
- 3 cups water
- seasonings to taste

Put clams, water and seasonings in a kettle. Cover. Let boil for about 6 minutes. Strain clam juice through a fine cheese cloth. Serve in cups.

**CLAM BROTH, BOSTON STYLE**

- 24 clams, well washed
- 2 cups water
- 1½ cups milk, scalded
- seasonings to taste

Put clams, water and seasonings in a kettle. Cover. Let boil for about 5 minutes. Strain clam juice through a fine cheese cloth. Add the scalded milk. Serve in cups.

**CLAM BROTH WITH WHIPPED CREAM**

- 1 cup whipped cream, unsweetened
- 24 clams, well washed
- 2 cups water
- seasonings to taste

Put clams, water and seasonings in a kettle. Cover. Let boil for about 5 minutes. Strain clam juice through a fine cheese cloth. Serve in cups. On top of clam broth put some whipped cream.

All these Recipes are for 4 persons.

**CLAM STEW**

- 24 clams, off the shell
- 4 cups milk
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a sauce pan. Bring to a boil. Let boil for 4 to 5 minutes. Then serve.

**CRAB AND OYSTER SOUP**

- 12 oysters, off the shell
- $\frac{1}{2}$  cup crab meat, chopped fine
- 3 tablespoons butter
- 2 cups milk
- 1 cup water
- seasonings to taste

Boil the milk with the butter. Add the water, oysters, crab meat, and seasonings. Cook slowly for about 6 minutes. Then serve.

**LEEK AND TOMATO SOUP**

- 6 leeks, washed, cut in pieces
- 4 tomatoes, sliced
- 5 cups water, boiling
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover and let cook quickly for about 10 minutes. Then serve.

**LETTUCE AND POTATO SOUP**

- 1 onion, peeled, passed through meat chopper
- $\frac{1}{2}$  head lettuce, washed, passed through meat chopper
- 2 potatoes, peeled, sliced thin
- 5 cups water
- 1 cup milk
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for about 10 minutes. Then serve.

All these Recipes are for 4 persons.

**LOBSTER, EGG AND MILK SOUP**

- 6 cups milk
- ½ lobster, off the shell, meat cut in small dice
- 2 yolks of egg, beaten
- 2 tablespoons butter
- seasonings to taste

Boil the milk, butter, seasonings and lobster together for about 3 minutes. Put yolks of egg in a soup tureen or a large bowl. Pour in little by little the milk and lobster mixture, stirring constantly. Then serve.

**MUSSEL AND CLAM BROTH**

- 1 pint mussels, in the shells, washed
- 24 clams, in the shells, washed
- 1 onion, small, peeled, chopped fine
- white pepper to taste

Put all ingredients in a kettle. Cover. Let cook quickly until mussels and clams are open, about 6 minutes. Strain juice through a cheese cloth. Serve in cups.

**MUSSEL AND TOMATO BROTH**

- 1 quart mussels, in the shells, washed
- 2 tomatoes, chopped fine
- 1 tablespoon butter
- 2 cups water
- seasonings to taste

In a sauce pan put the chopped tomatoes, butter, mussels, seasonings and water. Cover. Cook quickly for about 6 minutes. Pass mussel broth through a cheese cloth. Serve in cups like clam broth.

**OYSTER AND TOMATO SOUP**

- 24 oysters, off the shell
- 2 cups tomatoes, chopped, or 1 pint canned tomatoes
- 1 onion, small, peeled, chopped fine
- 2 tablespoons butter
- 1 cup water
- seasonings to taste

Place all ingredients in a stew pan and boil for 3 to 4 minutes. Then serve.

All these Recipes are for 4 persons.

**OYSTER, GUMBO AND PAPRIKA SOUP**

- 18 oysters, off the shell
- 8 gumbo, washed, cut in small pieces
- 1 cup water
- 3 cups milk
- 2 tablespoons butter
- 1½ tablespoons paprika
- seasonings to taste

Boil the milk and add all the other ingredients. Let cook for about 8 minutes. Then serve.

**OYSTER STEW**

- 24 oysters, off the shell
- 4 cups milk
- 2 tablespoons butter
- seasonings to taste

Boil the milk. In another sauce pan put the oysters, butter and seasonings. Cover. Let cook for about 3 minutes. Remove cover and add the boiled milk. Boil with the oysters for 1 minute. Then serve.

**PEANUT BUTTER SOUP**

- 4 cups thin white sauce (see p. 47)
- 4 tablespoons peanut butter
- seasonings to taste

Mix the peanut butter with a small amount of the white sauce first. Then add the remainder of the white sauce gradually to the mixture. Season. Reheat and serve.

**POTATO AND CARROT SOUP**

- 2 potatoes, peeled, passed through meat chopper
- 2 carrots, medium size, peeled, passed through meat chopper
- 6 cups water, boiling
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil all ingredients together for about 10 minutes, stirring occasionally to prevent scorching. Then serve.

All these Recipes are for 4 persons.



**POTATO, ONION AND MILK SOUP**

- 2 potatoes, peeled, chopped
- 3 onions, peeled, chopped
- 1 quart milk, scalded
- 1 cup water
- seasonings to taste

Place all ingredients in a stew pan. Cover. Let cook for about 10 minutes. Then serve.

**SPINACH AND POTATO SOUP**

- $\frac{1}{2}$  pound spinach, washed, passed through meat chopper
- 3 potatoes, peeled, chopped
- 5 cups water, boiling
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 10 minutes. Then serve.

**SPINACH, VERMICELLI AND MILK SOUP**

- 3 cups spinach, cleaned, chopped
- 1 cup vermicelli, broken in pieces
- 3 cups water
- $\frac{1}{2}$  cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Boil the milk and water and add the seasonings. Put in vermicelli, spinach and butter. Boil for about 10 minutes. Then serve.

**TOMATO AND VERMICELLI SOUP**

- 6 tomatoes, chopped fine
- $\frac{1}{2}$  cup vermicelli, broken in pieces
- 6 cups water
- seasonings to taste

Put all ingredients in a kettle. Let boil until vermicelli is cooked, about 10 minutes. Then serve.

All these Recipes are for 4 persons.

**TOMATO CREAM SOUP**

- 4 tomatoes, peeled, chopped
- 2 tablespoons butter
- 2 tablespoons flour
- 2½ cups milk, scalded
- 1 cup water
- seasonings to taste

Place tomatoes, water and seasonings in the same sauce pan and let boil slowly for about 3 to 4 minutes. Place butter in another sauce pan. Melt it, and then mix in the flour, stirring all the time. Add slowly the milk to make a smooth sauce. Let cook for 5 minutes. Add the cooked tomatoes. Mix thoroughly and boil 2 minutes. Then serve.

**TOMATO, ONION AND CELERY SOUP**

- 4 tomatoes, or 2 cups of canned tomatoes
- 3 onions, chopped fine
- 1 cup celery, chopped fine
- 1 tablespoon butter
- 3 cups water
- seasonings to taste

Chop the tomatoes. Put all ingredients in a sauce pan. Boil for 10 minutes and serve.

**WATERCRESS AND POTATO SOUP**

- 2 cups milk, boiled
- 4 cups water
- 3 potatoes, medium sized, peeled, chopped fine
- 2 cups watercress, chopped
- 1 tablespoon butter
- seasonings to taste

Put in a sauce pan the water, potatoes, watercress and seasonings. Bring to a boil and let boil for about 8 minutes. Add boiled milk and butter, and let boil for about 2 minutes. Mix well with a whip before serving.

**All these Recipes are for 4 persons.**

## **Eggs**

### **Fried Eggs**

#### **FRIED EGGS WITH EGG PLANT**

- 1 egg plant, large, peeled, sliced**
- 8 eggs**
- 1 cup butter**  
**flour**

Dredge the slices of egg plant with flour. Fry in butter on both sides. Before frying the eggs, place in the bottom of the frying pan 1 slice of fried egg plant. Break two eggs on top. When the eggs are cooked, the egg plant will be set in the whites of the eggs. Fry one slice of egg plant and 2 eggs for each person.

#### **FRIED EGGS WITH OYSTERS**

- 16 oysters, off the shell**
- 8 eggs**
- 5 tablespoons butter**  
**flour**

Dredge the oysters with flour. Put 2 tablespoons of the butter in a frying pan, and fry the oysters in it for 1 minute. Remove them from the pan. Put the remaining butter in the pan as needed to fry the eggs. Before frying the eggs, place in bottom of frying pan 4 oysters. Break 2 eggs on top of them and cook the eggs until the whites set. The cooked oysters will be enclosed in the egg whites. Fry 4 oysters and 2 eggs for each person.

#### **FRIED EGGS WITH SMOKED SALMON**

- 4 slices smoked salmon**
- 8 eggs**
- 1 tablespoon butter**

Put the butter in frying pan. Place the slices of smoked salmon in the frying pan. Break the eggs on top of the salmon and let cook very slowly until the whites are set.

**All these Recipes are for 4 persons.**

**FRIED EGGS WITH SMOKED TONGUE AND GREEN PEPPERS**

- 8 eggs
- 8 slices of smoked tongue
- 2 green peppers, seeded and diced
- 3 tablespoons butter

Put 1 tablespoon of the butter in a frying pan. Put in the diced green pepper and cook for about 1 minute. With the remainder of the butter fry individually 2 eggs for each person. Before frying the eggs, place in bottom of the frying pan 2 slices of smoked tongue and some of the cooked green pepper. Break the 2 eggs on top. When the eggs are cooked, the tongue and green pepper will be set in the whites of the eggs.

**FRIED EGGS WITH TOMATO**

- 8 eggs
- 4 tomatoes, sliced
- 3 tablespoons butter
- seasonings to taste

Season the tomatoes. Put butter in the frying pan. Put on hot fire, and when the butter starts to foam, break eggs on top of tomatoes. Let cook slowly until the whites are set. Better results are obtained if the frying is done with 2 eggs at a time (individual portion is 2 eggs).

**Omelets**

In the ordinary household there is seldom a frying pan large enough to make an omelet for 4 persons. For convenience, therefore, all recipes for omelets given below are for 1 person. For 4 persons, make and serve 4 individual omelets.

**OMELET—FINES HERBES**

(for 1 person, see above)

- 3 eggs, beaten
- 1 tablespoon butter
- 1 tablespoon of parsley, chives, chervil and tarragon,  
chopped together
- seasonings to taste

Mix eggs and herbs and make an omelet (see p. 45).

**OMELET WITH ANCHOVIES**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 1 tablespoon butter
- 2 anchovy filets, chopped not too fine
- seasonings to taste

Mix eggs, anchovies and seasonings together. Make an omelet (see p. 45).

**OMELET WITH BREAD AND HAM**

(for 1 person, see p. 88)

- 3 eggs
- ½ slice bread, diced small
- 1 slice cold ham, chopped
- 1 tablespoon butter
- seasonings to taste

Beat the eggs with the seasonings and the ham. Place butter and diced bread in a frying pan. Fry until light brown. Pour over them the egg mixture and make an omelet (see p. 45).

**OMELET WITH BREAD CRUMBS AND PARSLEY**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 1 tablespoon bread crumbs
- ½ teaspoon parsley, washed, chopped
- 1 tablespoon butter
- seasonings to taste

Beat the eggs with the bread crumbs, parsley and seasonings. Make an omelet see p. 45).

**OMELET WITH CHEESE AND HAM**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 3 tablespoons Swiss cheese, grated
- 3 tablespoons cold ham, chopped
- 1 tablespoon butter
- seasonings to taste

Mix cheese and ham with the beaten eggs and seasonings. Make an omelet (see p. 45).

**OMELET WITH CLAMS AND BACON**

(for 1 person, see p. 88)

- 3 eggs
- 1 slice of bacon
- 4 clams, in the shell
- ½ tablespoon butter
- seasonings to taste

Wash and steam the clams about 3 minutes. Take clams off the shell and chop them. Cut the slice of bacon into squares. Put butter in frying pan and slightly fry the bacon in the butter. Make an omelet (see p. 45) in the same pan, adding to the omelet the chopped clams at the last minute.

**OMELET WITH CRAB MEAT**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 2 tablespoons crab meat
- 1½ tablespoons butter
- seasonings to taste

Beat the eggs. Mix in the crab meat and seasonings. Make an omelet (see p. 45).

**OMELET WITH FRESH PEACH**

(for 1 person, see p. 88)

- 3 eggs, beaten
- ½ fresh peach, peeled, pitted, sliced thin
- 1 tablespoon butter
- seasonings to taste

Mix eggs, peach and seasonings together. Make an omelet (see p. 45).

**OMELET WITH FRESH STRAWBERRIES**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 5 fresh strawberries, cut in pieces
- 1 tablespoon butter
- 1 teaspoon sugar

Beat eggs with the sugar. Add the strawberries. Make an omelet (see p. 45).

**OMELET WITH GREEN PEPPER AND BACON**

(for 1 person, see p. 88)

- 3 eggs
- 1 green pepper, seeded, cut in pieces
- 2 slices bacon, cut in pieces
- 1 tablespoon butter
- seasonings to taste

Cook slowly bacon and green pepper with part of the butter in a large frying pan. Remove from frying pan with a skimmer and mix with the eggs. Beat the mixture and make an omelet with the rest of the butter (see p. 45).

**OMELET WITH HORSERADISH**

(for 1 person, see p. 88)

- 3 eggs, beaten
- ½ tablespoon horseradish, grated
- 1 tablespoon butter
- seasonings to taste

Beat the eggs with the horseradish and seasonings. Make an omelet (see p. 45).

**OMELET WITH ITALIAN SQUASH**

(for 1 person, see p. 88)

- 3 eggs, beaten
- ⅓ Italian squash, peeled, sliced thin
- 2 tablespoons butter
- flour
- seasonings to taste

Season the Italian squash. Dredge in flour. Fry in the butter in frying pan for about 2 minutes. Pour in the beaten eggs. Make an omelet (see p. 45).

**OMELET WITH LOBSTER**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 1½ tablespoons lobster meat, cut in small pieces
- 1 tablespoon butter
- seasonings to taste

Beat the eggs with the lobster meat and seasonings. Make an omelet (see p. 45).

**OMELET WITH MUSHROOMS**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 4 mushrooms, washed, sliced, but not peeled
- 1 tablespoon butter
- seasonings to taste

Put butter in a frying pan. When foaming, put in the mushrooms and let cook for about 2 minutes. Pour eggs into frying pan. Make an omelet (see p. 45).

**OMELET WITH OYSTERS**

(for 1 person, see p. 88)

- 4 oysters, off the shell
- 3 eggs, beaten
- 1 tablespoon butter
- seasonings to taste

Put oysters in a sauce pan with the seasonings. Cover. Let cook for 2 minutes. Let cool off a bit and then mix with the beaten eggs. Make an omelet (see p. 45).

**OMELET WITH PARSLEY, TOMATO AND CHEESE**

(for 1 person, see p. 88)

- 3 eggs
- $\frac{1}{2}$  tablespoon parsley, chopped
- 1 tomato, chopped
- 2 tablespoons Swiss cheese, grated
- 1 tablespoon butter
- seasonings to taste

Put butter in frying pan. When foaming, add the tomato and seasonings. Let cook for about 5 minutes. Beat the eggs with the parsley, add the cheese, and pour the mixture over the tomato. Make an omelet (see p. 45).

**OMELET WITH PIG'S LIVER**

(for 1 person, see p. 88)

- 2 tablespoons pig's liver, diced fine
- 3 eggs, beaten
- 2 tablespoons butter
- seasonings to taste

Fry the pig's liver in butter in a frying pan for 1 minute. Pour in the beaten eggs and seasonings and make an omelet (see p. 45).



**OMELET WITH POTATO**

(for 1 person, see p. 88)

- 3 eggs
- 1 potato, peeled, diced small
- 1 tablespoon butter
- seasonings to taste

Boil the potato for 5 minutes in salted water. Drain off water. Mix with the eggs. Make an omelet (see p. 45).

**OMELET WITH SWEET POTATO**

(for 1 person, see p. 88)

- 3 eggs
- 1 sweet potato, peeled, diced small
- 1 tablespoon butter
- seasonings to taste

Boil the potato for 3 minutes in salted water. Drain off water and mix in the eggs. Make an omelet (see p. 45).

**OMELET WITH RADISHES**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 3 radishes, washed, cleaned, sliced thin
- 1 tablespoon butter
- seasonings to taste

Mix eggs, seasonings and radishes together. Make an omelet (see p. 45).

**OMELET WITH RAISINS**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 1 tablespoon raisins, washed, stemmed
- 1 tablespoon butter
- seasonings to taste

Boil the raisins in water for about 1 minute. Drain off water. Mix with the eggs and seasonings. Make an omelet (see p. 45).

**OMELET WITH TONGUE AND MUSHROOMS**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 1 slice smoked tongue, cut in strips
- 2 mushrooms, washed, sliced
- 1 tablespoon butter
- seasonings to taste

Put butter in frying pan. When foaming, add the mushrooms and the tongue. Let cook for 1 or 2 minutes. Pour into the frying pan the beaten eggs. Make an omelet (see p. 45).

**Poached Eggs****POACHED EGGS, CREAMED, WITH BACON**

- 8 eggs
- 8 slices bacon
- 2 cups hot cream sauce (see p. 47)

Poach the eggs, and fry the slices of bacon. Place the bacon on plate. Place the poached eggs on top. Pour over them the cream sauce and serve.

**POACHED EGGS WITH ANCHOVIES AND OLIVES**

- 8 poached eggs (see p. 45)
- 6 filets of anchovy, chopped
- 12 olives, ripe or green, pitted, chopped
- $\frac{1}{3}$  cup cream

Boil the cream with the olives and anchovies for about 2 minutes. Poach the eggs. Pour sauce over the eggs before serving.

**POACHED EGGS WITH ANCHOVY ON TOAST**

- 4 slices bread, toasted
- 4 tablespoons anchovy butter
- 8 poached eggs (see p. 45)

Poach the eggs. Toast the bread. Spread anchovy butter on the toast, while toast is hot. Place 2 poached eggs on each piece of toast. Then serve.

**POACHED EGGS WITH APPLES**

- 2 apples, cored, sliced (4 slices to each apple)
- 8 poached eggs (see p. 45)
- 3 tablespoons butter, melted

Put butter and apples in a frying pan. Cook apples on each side about 1 minute. Remove apples from frying pan. On each slice of apple place 1 poached egg.

**POACHED EGGS WITH CHILI SAUCE**

- 8 poached eggs (see p. 45)
- 1 cup chili sauce
- $\frac{1}{4}$  cup water
- 2 tablespoons butter

Put butter, chili sauce and water in a sauce pan and let boil for about 2 minutes. Pour sauce over the poached eggs and serve.

**POACHED EGGS WITH CHOPPED MUSHROOMS**

- 8 poached eggs (see p. 45)
- $\frac{1}{2}$  pound mushrooms, washed, chopped
- 3 tablespoons butter
- seasonings to taste

Poach the eggs. Cook the mushrooms, butter and seasonings quickly for 2 to 3 minutes in a sauce pan. Pour over the poached eggs before serving.

**POACHED EGGS WITH LEMON AND BUTTER**

- 8 poached eggs (see p. 45)
- 4 slices bread, toasted
- 5 tablespoons butter
- 1 lemon, juice only
- 1 tablespoon parsley, washed, chopped
- seasonings to taste

Poach the eggs. Toast the bread. Place 2 poached eggs on each slice of toast. Melt butter in a sauce pan. Add the lemon juice, parsley and seasonings. Pour the butter sauce over the poached eggs and serve.

**POACHED EGGS WITH PAPRIKA**

- 8 eggs
- 4 cups white sauce (see p. 47)
- 1 tablespoon paprika
- 2 slices of bread

Toast the slices of bread and cut in halves. Poach the 8 eggs (see p. 45). Mix the paprika in the cream sauce. Put eggs on the pieces of toasted bread. Cover the eggs with the sauce.

All these Recipes are for 4 persons.

**POACHED EGGS WITH PARSLEY AND TOMATOES**

- 8 poached eggs (see p. 45)
- 4 tomatoes, sliced
- 1 tablespoon parsley, washed, chopped
- 3 tablespoons butter
- seasonings to taste

Put tomatoes, parsley, seasonings and butter in a frying pan. Let cook slowly for about 5 minutes. Poach the eggs. Pour tomato mixture over the eggs before serving.

**Scrambled Eggs****SCRAMBLED EGGS WITH CELERY AND ONIONS**

- 12 eggs, beaten
- $\frac{1}{4}$  stalk of celery, chopped to a pulp
- 2 onions, peeled, chopped to a pulp
- 3 tablespoons butter
- seasonings to taste

Cook for 3 minutes the celery, onions, butter and seasonings, stirring all the time. Add the beaten eggs, and scramble together (see p. 46).

**SCRAMBLED EGGS WITH CHEESE AND KETCHUP**

- 12 eggs, beaten
- 1 cup American cheese, grated
- 3 tablespoons ketchup
- seasonings to taste

Beat the eggs with the cheese, ketchup and seasonings. Scramble together (see p. 46).

**SCRAMBLED EGGS WITH CHEESE AND MUSHROOMS**

- 12 eggs, beaten
- $\frac{1}{3}$  cup Swiss cheese, grated
- $\frac{1}{4}$  pound mushrooms, washed, sliced
- 4 tablespoons butter
- seasonings to taste

Mix the eggs with the cheese and seasonings. Fry the mushrooms in the butter in a frying pan for 2 to 3 minutes. Pour the egg mixture into the frying pan and scramble together (see p. 46).

All these Recipes are for 4 persons.

**SCRAMBLED EGGS WITH CHEESE AND TOMATOES**

- 12 eggs, beaten
- 2 tomatoes, chopped
- $\frac{1}{3}$  cup Swiss cheese, grated
- 4 tablespoons butter
- seasonings to taste

Cook tomatoes and butter in a frying pan for 3 minutes. Season. Mix cheese with the beaten eggs. Pour over the tomatoes and scramble together (see p. 46).

**SCRAMBLED EGGS WITH CHIVES AND OYSTERS**

- 12 eggs, beaten
- 1 teaspoon chives, washed, chopped
- 6 oysters, off the shell, chopped
- 4 tablespoons butter
- seasonings to taste

Mix chives, eggs and seasonings together. Fry the oysters quickly in the butter in a frying pan. Pour the egg mixture into the frying pan and scramble with the oysters (see p. 46).

**SCRAMBLED EGGS WITH CHIVES AND TOMATOES**

- 12 eggs
- 1 tablespoon chives, washed, chopped
- 2 tomatoes, chopped
- 4 tablespoons butter
- seasonings to taste

Mix all ingredients and scramble together (see p. 46).

**SCRAMBLED EGGS WITH CRAB MEAT**

- 12 eggs
- $1\frac{1}{2}$  cups crab meat
- 3 tablespoons butter
- seasonings to taste

Mix crab meat, seasonings and eggs together. Scramble (see p. 46).

**SCRAMBLED EGGS WITH CRAB MEAT AND RED PEPPERS**

- 12 eggs, beaten
- $\frac{1}{2}$  cup crab meat
- 2 red peppers, seeded, cut in strips
- 3 tablespoons butter
- seasonings to taste

Put butter in frying pan with the red peppers and let cook for about 2 minutes. Mix crab meat, seasonings and egg together. Pour egg mixture into the frying pan. Scramble together (see p. 46).

All these Recipes are for 4 persons.

**SCRAMBLED EGGS WITH CREAM, SHRIMPS AND CHEESE**

- 12 eggs, beaten
- $\frac{1}{3}$  cup cream
- $\frac{1}{2}$  cup shrimps, off the shell, cut in pieces
- $\frac{1}{3}$  cup cheese, grated
- 3 tablespoons butter
- seasonings to taste

Boil the cream with the butter and shrimps for 1 minute. Add the seasonings. Mix the cheese with the beaten eggs. Pour the egg mixture into the pan with the cream and shrimps. Scramble together (see p. 46).

**SCRAMBLED EGGS WITH CURRY AND CHICKEN LIVER**

- 12 eggs, beaten
- 1 cup chicken liver, diced
- 1 tablespoon curry powder
- 3 tablespoons butter
- seasonings to taste

Put butter in frying pan. When foaming, fry in it quickly the chicken liver for about 2 minutes, stirring all the time. Sprinkle with the curry powder and seasonings. Scramble the eggs (see p. 46). Add scrambled eggs to the chicken liver mixture and serve.

**SCRAMBLED EGGS WITH EGG PLANT**

- 12 eggs, beaten
- 1 egg plant, small peeled, cut in small dice
- 3 tablespoons butter
- flour
- seasonings to taste

Dredge the egg plant dice in flour. Put butter in frying pan. When foaming, add the egg plant. Let cook for about 3 minutes. Pour in the beaten eggs and seasonings and scramble with the egg plant (see p. 46).

**SCRAMBLED EGGS WITH FRANKFURTER SAUSAGES**

- 12 eggs, beaten
- 3 Frankfurter sausages, boiled, skinned, sliced
- 3 tablespoons butter
- seasonings to taste

Boil Frankfurter sausages in water for about 4 minutes. Remove sausages from water, skin them and slice them. Mix with the eggs and seasonings and scramble together (see p. 46).

All these Recipes are for 4 persons.

**SCRAMBLED EGGS WITH HAM AND APPLES**

- 12 eggs, beaten
- 3 slices cold boiled ham, cut in strips
- 1 apple, peeled, cored, cut in small dice
- 4 tablespoons butter
- seasonings to taste

Fry apple and ham in butter in a frying pan for about 2 minutes. Scramble together with the eggs (see p. 46).

**SCRAMBLED EGGS WITH HAM AND HORSERADISH**

- 12 eggs, beaten
- 3 slices cold boiled ham, cut in strips
- 1 tablespoon horseradish, grated
- 3 tablespoons butter
- seasonings to taste

Beat the eggs first, then add the ham, horseradish and seasonings. Scramble together (see p. 46).

**SCRAMBLED EGGS WITH HORSERADISH**

- 12 eggs
- $\frac{1}{2}$  cup horseradish, freshly grated
- 3 tablespoons butter
- seasonings to taste

Beat the eggs with the horseradish and the seasonings. Scramble together (see p. 46).

**SCRAMBLED EGGS WITH KIPPERED HERRING**

- 1 kippered herring, fileted, chopped
- 12 eggs
- 3 tablespoons butter

Put butter and kippered herring in a frying pan. Cook for about 1 minute. Beat eggs and scramble with the herring (see p. 46).

**SCRAMBLED EGGS WITH LETTUCE**

- 12 eggs, beaten
- 1 head lettuce, washed, shredded fine
- 4 tablespoons butter
- seasonings to taste

Cook lettuce and butter slowly for about 8 minutes in a frying pan. Add the beaten eggs and seasonings and scramble together (see p. 46).

**All these Recipes are for 4 persons.**

**SCRAMBLED EGGS WITH MEAT BALLS**

- $\frac{1}{2}$  pound beef round, passed through meat chopper
- 12 eggs, beaten
- 3 tablespoons butter
- fat
- flour
- seasonings to taste

Shape beef meat in form of 12 small balls. Dredge in flour. Fry in fat in a frying pan. While the meat balls are cooking, scramble the eggs in a sauce pan (see p. 46). Serve meat balls on top of scrambled eggs.

**SCRAMBLED EGGS WITH MUSHROOMS AND RED PEPPERS**

- 12 eggs, beaten
- $\frac{1}{4}$  pound mushrooms, washed, sliced
- 2 red peppers, seeded, cut in strips
- 4 tablespoons butter
- seasonings to taste

Put butter, mushrooms, red peppers and seasonings in a frying pan. Cook on quick fire for 3 minutes. Add the beaten eggs. Scramble together (see p. 46).

**SCRAMBLED EGGS WITH OYSTERS AND CHEESE**

- 8 oysters, off the shell, chopped
- 12 eggs, beaten
- $\frac{1}{3}$  cup Swiss cheese, grated
- 4 tablespoons butter
- seasonings to taste

Beat the eggs with the cheese and seasonings. Fry the oysters quickly in a frying pan. Pour the egg and cheese mixture into the frying pan. Scramble together (see p. 46).

**SCRAMBLED EGGS WITH PINEAPPLE AND HAM**

- 12 eggs, beaten
- 3 slices cold boiled ham, chopped
- 2 slices pineapple (fresh or canned), chopped
- 3 tablespoons butter
- seasonings to taste

Scramble all ingredients together (see p. 46).

**SCRAMBLED EGGS WITH PORK GRITTLER**

- 12 eggs, beaten
- $\frac{1}{2}$  pound pork meat, leg or loin, passed through meat chopper
- 3 tablespoons butter
- seasonings to taste

Cook the pork in the butter in a frying pan, stirring constantly to prevent the pork from forming a cake. This requires about 3 minutes. Scramble with the eggs (see p. 46).

All these Recipes are for 4 persons.



**SCRAMBLED EGGS WITH SHRIMPS**

- 12 eggs
- 1 cup shrimps, cut in pieces
- $\frac{1}{2}$  cup milk
- 3 tablespoons butter
- seasonings to taste

Put shrimps, butter, milk and seasonings in a sauce pan. Let cook for about 5 minutes, not too quickly. Beat the eggs and pour them over the shrimps. Scramble (see p. 46).

**SCRAMBLED EGGS WITH SHRIMPS AND PARSLEY**

- 12 eggs, beaten
- $\frac{1}{2}$  cup shrimps, off the shell, cut in pieces
- 1 tablespoon parsley, washed, chopped
- 3 tablespoons butter
- seasonings to taste

Mix eggs, seasonings, shrimps and parsley together. Scramble (see p. 46).

**SCRAMBLED EGGS WITH SMOKED BEEF**

- 12 eggs
- 1 cup smoked beef, chopped
- 3 tablespoons butter

Mix together and scramble (see p. 46).

**SCRAMBLED EGGS WITH SMOKED SALMON AND CHEESE**

- 12 eggs, beaten
- 4 slices smoked salmon, chopped
- $\frac{1}{2}$  cup American cheese, grated
- 3 tablespoons butter
- seasonings to taste

Mix smoked salmon and cheese together and scramble with the eggs (see p. 46).

**SCRAMBLED EGGS WITH SMOKED SALMON AND PINEAPPLE**

- 12 eggs, beaten
- 4 tablespoons smoked salmon, chopped
- 2 slices pineapple (fresh or canned), chopped fine
- 4 tablespoons butter
- seasonings to taste

Mix all ingredients with the beaten eggs. Scramble together (see p. 46).

All these Recipes are for 4 persons.

**SCRAMBLED EGGS WITH SOLE**

- 12 eggs, beaten
- 4 filets of sole, cut in small pieces
- 3 tablespoons butter
- seasonings to taste

Put filets of sole, butter and seasonings in a sauce pan. Cover. Let cook for about 3 minutes. Add the eggs. Scramble together (see p. 46).

**SCRAMBLED EGGS WITH STRAWBERRY JAM**

- 12 eggs, beaten
- 4 tablespoons strawberry jam
- 3 tablespoons butter
- pinch of salt

Scramble the eggs (see p. 46) with the butter and salt. Divide into 4 servings and put 1 tablespoon of strawberry jam on each serving.

**SCRAMBLED EGGS WITH TONGUE AND PAPRIKA**

- 12 eggs, beaten
- 5 slices smoked tongue, cut in strips
- 1 tablespoon paprika
- 3 tablespoons butter
- seasonings to taste

Mix all ingredients together. Scramble with the eggs (see p. 46).

**SCRAMBLED EGGS WITH TUNA FISH**

- $\frac{1}{2}$  cup tuna fish (canned), flaked
- 12 eggs, beaten
- 3 tablespoons butter
- seasonings to taste

Cook the tuna fish for 1 minute in the butter in a sauce pan. Add the seasonings. Add beaten eggs and scramble together (see p. 46).

**Shirred Eggs****SHIRRED EGGS WITH BANANAS**

- 4 bananas, peeled and sliced
- 8 eggs
- 4 tablespoons butter
- seasonings to taste

Put in each shirred egg dish 1 banana, sliced, and 1 tablespoon butter. Let cook slowly for about 3 minutes. Break 2 eggs into each dish. Shir the eggs (see p. 46).

All these Recipes are for 4 persons.

**SHIRRED EGGS WITH MUSHROOMS**

- $\frac{3}{4}$  pound mushrooms, washed and sliced**
- 8 eggs**
- 4 tablespoons butter**
- seasonings to taste**

Place mushrooms, butter and seasonings in a sauce pan. Cover. Let cook for 5 minutes. Place some mushrooms in each shirred egg dish. Break 2 eggs in each dish. Shir (see p. 46).

**SHIRRED EGGS WITH SAUSAGES**

- 8 eggs**
- 8 sausages**
- 3 tablespoons butter**
- seasonings to taste**

Fry the sausages in the butter for about 8 minutes. Place two sausages in each shirred egg dish. Break 2 eggs into each dish. Shir the eggs (see p. 46).

**Fish****BASS (SEA) WITH CREAM AND BUTTER**

- 4 filets of sea bass**
- 4 tablespoons butter**
- $\frac{1}{2}$  cup cream**
- seasonings to taste**

Cook the filets of sea bass in the butter in a frying pan for about 4 minutes. Do not brown them. Remove filets of sea bass from frying pan and place them on a platter. Pour the cream into the frying pan and add the seasonings. Let boil for 1 minute. Strain through a fine strainer. Pour the sauce over the sea bass. Then serve.

**BASS (SEA) WITH LEEKS AND CAPERS**

- 4 filets of sea bass**
- 4 leeks, washed, cut in pieces**
- $\frac{1}{3}$  cup capers**
- 4 tablespoons butter**
- flour**
- seasonings to taste**

Boil the leeks in water for about 5 minutes. Drain off water. While leeks are cooking, season sea bass and dredge in flour. Fry sea bass in the butter in a frying pan. Cook on both sides for about 6 minutes, 3 minutes on each side. Add the leeks and capers. Let cook for 1 minute. Then serve.

**All these Recipes are for 4 persons.**

**BLUEFISH WITH ALMONDS AND LEMON**

- 8 filets of bluefish
- ½ cup almonds, chopped
- 6 tablespoons butter
- 2 lemons, juice only
- flour
- seasonings to taste

Dredge bluefish filets in flour and season. Put the butter in frying pan. When foaming, place filets in the butter and cook on both sides, about 2 to 3 minutes on each side. Add the almonds and lemon juice. Let cook for about 3 minutes. Remove bluefish from frying pan and place on platter. Pour over it the butter and almonds. The almonds become crisp and give a good flavor to the butter.

**CODFISH, CRAB MEAT AND BACON**

- 2 pounds codfish, cut in 4 slices
- 1 cup crab meat
- 8 slices bacon
- 1 lemon, juice only
- seasonings to taste

Season the codfish. Put codfish and lemon juice in a buttered baking pan. On top of codfish place first the crab meat, and then the slices of bacon, 2 slices of bacon for each slice of codfish. Bake in hot oven for about 6 minutes. Then serve.

**CODFISH WITH GREEN PEPPERS**

- 1 pound codfish
- 3 cups thin white sauce (see p. 47)
- 2 green peppers
- 1 tablespoon butter

Pare and core green peppers and cut in small pieces. Cook slowly in butter about 5 minutes. Boil the codfish for 3 minutes in warm water and salt. When cooked, remove from water and break in small pieces, removing the bones and skin. Mix in the cream sauce with the green pepper. Season to taste.

**CODFISH WITH GREEN PEPPERS AND MUSHROOMS**

- 2½ pounds codfish, cut in 4 slices
- 4 green peppers, seeded, cut in pieces
- ½ pound mushrooms, washed, sliced
- 4 tablespoons butter
- seasonings to taste

Put butter in a frying pan. When foaming, add all other ingredients. Let cook slowly for about 10 minutes. Then serve.

All these Recipes are for 4 persons.

**CODFISH WITH HARD BOILED EGGS AND GRAPES**

- 1 cup grapes, red or white, stems removed
- 2½ pounds codfish, cut in 4 slices
- 4 teaspoons butter
- 3 eggs, hard boiled, shelled, chopped
- ¼ cup water
- seasonings to taste

Put codfish in a baking pan, place grapes around it, and add the butter, water and seasonings. Bake in quick oven for about 10 minutes. While fish is cooking, boil the eggs hard. Chop them and add to the fish just before serving.

**CODFISH WITH LEMON**

- 1½ pounds codfish, cut in 2 slices
- 2 lemons, sliced
- 4 tablespoons butter
- ⅓ cup water
- seasonings to taste

Place codfish in a baking pan. Season. Place pieces of butter on the fish. Cover the fish with the slices of lemon. Add the water and bake for 10 minutes in hot oven. Then serve.

**CODFISH WITH MUSHROOMS AND PAPRIKA**

- 2½ pounds codfish, cut in 4 slices
- ½ pound mushrooms, washed, sliced
- ¾ tablespoon paprika
- 3 tablespoons butter
- ½ cup milk, scalded
- seasonings to taste

Put all ingredients in a baking pan. Bake in hot oven for about 10 to 12 minutes. Then serve.

**CODFISH WITH PARSLEY AND ONION BUTTER SAUCE**

- 2½ pounds codfish, cut in 4 slices
- 1 tablespoon parsley, washed, chopped
- 1 onion, peeled, chopped fine
- 1 lemon, juice only
- 3 tablespoons butter
- ⅓ cup water
- seasonings to taste

Put all ingredients in a baking pan. Bake in hot oven for 10 minutes. Then serve.

All these Recipes are for 4 persons.

**CODFISH WITH PICKLES AND TOMATOES**

- 2½ pounds codfish, in 2 pieces
- 8 tomatoes, cut in halves
- 3 pickles, medium size, sliced
- 2 onions, peeled, chopped fine
- 3 tablespoons butter
- ¾ cup vinegar
- seasonings to taste

Put codfish in a baking pan. Arrange tomatoes around the fish. Add onions, pickles, butter, vinegar and seasonings. Bake in hot oven for about 10 minutes. Then serve.

**CODFISH WITH TOMATOES AND CAPERS**

- 2 pounds codfish, cut in 4 slices
- 3 tomatoes, sliced
- 1 tablespoon capers
- 3 tablespoons butter
- flour
- seasonings to taste

Season the codfish slices and dredge with flour. Put butter in a large frying pan. When butter is foaming, put codfish slices in the frying pan and let cook on both sides for about 6 minutes, 3 minutes to each side. Remove codfish from frying pan and place on a dish. Put tomatoes and capers in the frying pan and let cook for about 3 minutes. Pour tomatoes and capers over the codfish.

**CODFISH (SALT) WITH CELERY AND CREAM**

- 4 cups salt codfish, shredded
- 2 cups celery, washed, chopped fine
- 2 cups water
- 1 cup cream
- 2 tablespoons butter
- seasonings to taste

Pour water and cream over the codfish. Add celery, seasonings and butter. Put in a sauce pan. Cover. Let cook slowly for about 10 minutes. Then serve.

**CRAB MEAT CURRY**

- 1½ pounds crab meat
- 1 cup milk
- 2 tablespoons butter
- 1 tablespoon curry powder
- 1 teaspoon salt

Boil milk and butter with salt. Pour over curry powder, mixing well. Butter a baking dish. Place the crab meat in it. Pour over it the milk. Bake in hot oven for about 8 minutes.

**All these Recipes are for 4 persons.**

**CRAB MEAT FRITTERS**

- 2 cups crab meat
- 1 egg
- 1 cup milk
- 1 cup flour
- 3 teaspoons baking powder
- lard
- seasonings to taste

Mix crab meat with the egg, milk, seasonings, flour and baking powder. Put lard in a frying pan. Drop the mixture by tablespoonfuls into the lard, fry on both sides and serve.

**CRAB MEAT TOAST**

- 4 slices of bread, toasted
- 2 cups crab meat
- 8 tablespoons Swiss cheese, grated
- 4 tablespoons butter
- seasonings to taste

Toast the bread. Put some seasoned crab meat on each piece of toast. Cover crab meat with grated cheese. On top of each piece put a tablespoon of butter. Place toast in a baking pan. Put baking pan in a hot oven. Let brown. This requires about 3 to 4 minutes. Then serve.

**CRAB MEAT WITH APPLES AND PAPRIKA**

- 2 cups crab meat
- 5 apples, peeled, cored, sliced thin
- 1 tablespoon paprika
- 2 tablespoons butter
- ½ teaspoon salt

Put all ingredients in a baking dish. Bake in hot oven for about 10 minutes. Then serve.

**CRAB MEAT WITH OYSTERS AND TOMATOES**

- 2 cups crab meat
- 18 oysters, off the shell
- 3 tomatoes, chopped
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Let cook slowly for about 8 minutes. Then serve.

**All these Recipes are for 4 persons.**

**CRABS (SOFT SHELL) WITH BACON**

- 12 soft shell crabs
- 8 slices bacon
- 3 tablespoons butter
- flour

Dredge crabs with the flour. Fry in butter in a frying pan for about 6 minutes. Remove crabs from frying pan and place on platter. In another frying pan fry the bacon until crisp. Arrange bacon slices on top of the crabs and serve.

**CRABS (SOFT SHELL) WITH ONIONS AND TOMATOES**

- 12 soft shell crabs
- 4 tomatoes, sliced thin
- 3 onions, peeled, sliced thin
- butter
- seasonings to taste

In one frying pan put the soft shell crabs, tomatoes, part of the butter and the seasonings. Cook on hot fire for about 5 minutes. In another frying pan put the onions and the remaining butter. Cook until onions are brown and tender, about 6 minutes. Mix onions with tomatoes and crabs. Then serve.

**FILET OF SOLE MINUTE**

- 4 filets of sole
- 1 onion
- 3 tablespoons butter
- $\frac{1}{3}$  cup water
- seasonings to taste

Chop the onion very fine. Season highly with pepper and salt the filets of sole. Place the filets of sole flat in a buttered baking dish. Add the onion. Pour over them the water. Divide the butter in small pieces and place on top of filets of sole. Bake in hot oven for about 10 minutes and serve.

**FILETS OF SOLE, OYSTERS AND MUSHROOMS**

- 8 filets of sole
- 16 oysters, off the shell
- $\frac{1}{2}$  pound mushrooms, washed, sliced
- 1 lemon, juice only
- 3 tablespoons butter
- seasonings to taste

Place seasoned filets of sole in a buttered baking dish. Cover with mushrooms, oysters, butter and lemon juice. Bake in hot oven for about 8 minutes. Then serve.

All these Recipes are for 4 persons.



**FILETS OF SOLE WITH BREAD CRUMBS**

- 8 filets of sole
- $\frac{1}{2}$  cup bread crumbs
- $\frac{1}{2}$  cup butter
- 1 lemon, juice only
- flour
- seasonings to taste

Season the filets of sole and dredge with flour. Put the butter in a frying pan. When butter is foaming, cook filets of sole for about 4 minutes. Remove sole from frying pan and place on a platter. Put bread crumbs in the frying pan and let cook in the butter until slightly brown, stirring constantly. Add the lemon juice. Pour over the filets of sole. Then serve.

**FILETS OF SOLE WITH GRAPES**

- 8 filets of sole
- 1 cup grapes, red or white, washed, stemmed
- 4 tablespoons butter
- seasonings to taste

Place filets of sole in buttered baking dish. Cover with the grapes, butter and seasonings. Bake in hot oven for about 10 minutes. Then serve.

**FILETS OF SOLE WITH MUSHROOMS AND BREAD CRUMBS**

- 8 filets of sole
- $\frac{1}{2}$  pound mushrooms, washed, sliced
- $\frac{1}{2}$  cup bread crumbs
- $\frac{1}{2}$  cup water
- 1 lemon, juice only
- 3 tablespoons butter
- seasonings to taste

Put the filets of sole in a small buttered baking dish. Season. Sprinkle with the bread crumbs. Add mushrooms, water, butter and lemon juice. Bake in hot oven for about 10 minutes. Then serve.

**FILETS OF SOLE WITH PAPRIKA AND CUCUMBERS**

- 8 filets of sole
- 2 cucumbers, peeled, cut in halves, seeded, sliced
- 1 onion, peeled, chopped fine
- 2 cups water
- 2 tablespoons butter
- 1 tablespoon paprika
- seasonings to taste

Boil cucumbers, butter, onion and paprika together in the water for about 3 minutes. Put filets of sole in a small buttered baking pan. Season. Pour over them the cucumber mixture. Bake in hot oven for about 8 minutes. Then serve.

All these Recipes are for 4 persons.

**FILETS OF SOLE WITH SCALLOPS AND LEMON**

- 8 filets of sole, cut in pieces
- 1 cup scallops
- 1 lemon, juice only
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Let cook for about 8 minutes. Then serve.

**FINNAN HADDIE AND TOMATO**

- 1½ pounds smoked finnan haddie
- 4 good sized tomatoes, or  
2 cups strained canned tomatoes
- 1 cup boiling water
- 2 tablespoons butter
- seasonings to taste

Place finnan haddie in baking dish and season with pepper—no salt. Slice the tomatoes and season highly with salt and pepper. Melt the butter in the boiling water and pour over the fish. Bake in hot oven for 10 minutes.

**FLOUNDER AND OYSTERS**

- 8 filets of flounder
- 16 oysters, off the shell
- 1 tablespoon parsley, chopped
- ½ onion, medium size, chopped
- 2 tablespoons butter
- seasonings to taste

Butter a small baking pan or dish. Place chopped onions, filets of flounder, oysters, butter, chopped parsley and seasonings in baking pan. Bake in hot oven for about 8 to 10 minutes.

**KIPPERED HERRING WITH MUSTARD**

- 4 kippered herring
- mustard powder

Dredge or sprinkle kippered herring with the mustard powder. Broil on broiler for 6 minutes. Then serve.

All these Recipes are for 4 persons.

**LOBSTER AND SHRIMPS WITH MINT SAUCE**

- 1 boiled lobster, off the shell, sliced
- 1 cup shrimps, off the shell, cut in halves
- 1 onion, small, peeled, chopped fine
- $\frac{1}{2}$  cup mint sauce (see p. 48)

Put onion, shrimps and lobster in a bowl. Mix well. Add the mint sauce, mixing gently with a spoon. Serve.

**LOBSTER, DEVILLED**

- 2 boiled lobsters, cut in halves
- 4 tablespoons butter
- 2 tablespoons bread crumbs
- 1 tablespoon mustard powder
- seasonings to taste

Cream the butter with the mustard and seasonings. Mix in the bread crumbs. Spread the mixture on each half lobster. Place in a baking dish. Put in hot oven and bake for 10 minutes. Then serve.

**MUSSELS BORDELAISE**

- 2 quarts mussels, in the shell, washed
- 2 onions, peeled, chopped fine
- 2 tablespoons parsley, chopped
- 2 tablespoons butter
- 2 tablespoons water
- 1 tablespoon celery, washed, chopped fine
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook quickly for about 6 minutes or until all the mussels are open. Serve with all the juice in soup plates.

**OYSTERS AND BACON**

- 24 oysters, off the shell
- 8 slices bacon
- $\frac{1}{3}$  teaspoon pepper

Put oysters in baking dish and season highly with pepper. Put slices of bacon on top of the oysters. Put in hot oven and bake until bacon is brown, about 8 to 10 minutes.

**All these Recipes are for 4 persons.**

**OYSTERS AND MUSHROOMS**

- 24 oysters, off the shell
- $\frac{1}{2}$  pound fresh mushrooms
- 2 tablespoons butter
- seasonings to taste

Cut off sandy ends of stems of mushrooms. Wash mushrooms in water until water is clear. Cut mushrooms in small quarters. Put butter in frying pan and cook until it starts to foam. Season mushrooms highly. Put mushrooms and oysters in frying pan and let cook on quick fire for 6 to 8 minutes.

**OYSTERS, BAKED**

- 24 oysters, on the half shell
- 3 tablespoons butter
- 1 lemon, juice only
- seasonings to taste

Season the oysters. Sprinkle with lemon juice. Put a piece of butter on each oyster. Place in a roasting pan and bake in a hot oven for about 3 minutes. The oysters are baked when the edges curl.

**OYSTERS AU GRATIN, BAKED**

- 24 oysters, on the half shell
- 3 tablespoons butter
- 1 tablespoon pepper
- $1\frac{1}{2}$  cups ketchup
- 1 cup Swiss cheese, grated

Season the oysters with the pepper. Place oysters in a roasting pan. On each oyster spread some ketchup sauce. Sprinkle with grated cheese, and on top place a piece of butter. Put roasting pan in hot oven, and bake until brown. Then serve.

**OYSTER COCKTAIL, HOT**

- 24 oysters, off the shell
- 4 tomatoes, chopped fine
- 1 onion, chopped fine
- $\frac{1}{2}$  cup vinegar
- seasonings to taste (highly seasoned)

Put all ingredients together in a sauce pan. Cover. Let cook quickly for 6 minutes. Then serve.

All these Recipes are for 4 persons.

**OYSTERS WITH GRAPES AND ONION**

- 48 oysters, off the shell
- 1 onion, peeled, chopped very fine
- ½ cup white grapes, stems removed
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Bring quickly to a boil. Let cook for about 3 minutes. Then serve.

**OYSTER CRABS WITH GREEN PEPPERS AND BACON**

- 3 cups oyster crabs
- 8 slices bacon, cut in pieces
- 2 green peppers, seeded, cut in pieces
- 1 tablespoon butter
- seasonings to taste

Put all ingredients together in a frying pan. Cook for about 6 minutes, stirring constantly to prevent bacon from burning. Then serve.

**OYSTER CRABS WITH MUSHROOMS**

- 3 cups oyster crabs, washed
- ½ pound mushrooms, washed, quartered
- ⅓ cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Let cook for about 8 minutes. Then serve.

**POMPANO WITH EGG DRESSING**

- 4 filets of pompano
- 3 tablespoons butter
- ⅓ cup egg dressing (see p. 49)
- flour
- seasonings to taste

Season the pompano. Dredge in the flour. Cook pompano in the butter in a frying pan for about 8 minutes. While pompano is cooking, make the egg dressing. Pour egg dressing over the pompano and serve.

**All these Recipes are for 4 persons.**

### POMPANO WITH OYSTERS

- 4 filets of pompano
- 24 oysters, off the shell
- 4 tablespoons butter
- $\frac{1}{4}$  cup water
- seasonings to taste

Put filets of pompano in a buttered baking pan. Season. On top of each filet place 6 oysters and some of the butter. Pour water into baking pan. Bake in quick oven for about 10 minutes. Then serve.

### PORGIES WITH BACON

- 8 porgies, small
- 8 slices bacon
- $\frac{1}{3}$  cup water
- butter
- seasonings to taste

Season the porgies. Put them in a buttered baking pan with the water. Place slices of bacon on top of the porgies. Bake in hot oven for about 10 minutes. Then serve. If bacon becomes crisp too rapidly, sprinkle with water.

### SALMON AND BACON

- 1 $\frac{1}{2}$  pounds salmon
- 12 slices bacon
- $\frac{1}{2}$  tablespoon butter
- pepper to taste

Remove skin and vertebral bone from salmon. Cut in slices, or flake the salmon. Season with pepper, no salt. Cut the slices of bacon in half. Mix bacon with salmon. Put butter in frying pan and melt, then add salmon and bacon. Cook quickly for about 6 or 7 minutes. Stir slightly with fork to cook on all sides and to prevent scorching.

### SARDINES WITH CHEESE ON TOAST

- 4 slices of bread, toasted
- 1 cup Swiss cheese, grated
- 12 sardines (canned)

Toast the bread. Place 3 sardines on each piece of toast. Cover with grated cheese. Put in hot oven for about 3 minutes. Then serve.

All these Recipes are for 4 persons.

**SARDINES WITH CHILI SAUCE AND CHEESE**

- 12 sardines (canned)
- 1 cup grated cheese
- 1 cup chili sauce
- 2 tablespoons butter

Place chili sauce in sauce pan, heat, but do not boil. Mix in the cheese. Butter a baking dish thickly with the butter. Arrange sardines in the baking dish, and pour over them the chili sauce mixed with the cheese. Bake in hot oven for about 10 minutes, or until browned on top.

**SCALLOPS WITH TOMATOES AND CURRY**

- 3 cups scallops
- 2 tomatoes, chopped
- $\frac{1}{2}$  tablespoon curry powder
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 9 minutes. Then serve.

**SCALLOPS STEW WITH CURRY AND TOMATOES**

- 2 cups scallops
- 4 tomatoes, sliced or chopped
- 1 tablespoon curry powder
- 1 onion, peeled, chopped fine
- 3 tablespoons butter

Put all ingredients in a sauce pan. Cover. Let cook for about 10 minutes. Then serve.

**SHRIMPS, CRAB MEAT AND CUCUMBER**

- 1 cup shrimps, off the shell
- $1\frac{1}{2}$  cups crab meat
- 1 cucumber, large size, peeled, sliced
- $\frac{1}{4}$  cup water
- 4 tablespoons butter
- $\frac{1}{2}$  tablespoon paprika
- seasonings to taste

Place all ingredients together in a sauce pan. Cover. Cook gently for 10 minutes, stirring occasionally to prevent scorching.

All these Recipes are for 4 persons.

**SHRIMPS, OYSTER CRABS AND GREEN PEPPERS**

- 1 cup oyster crabs, washed
- 2 cups shrimps, off the shell
- 1 onion, small, peeled, chopped
- 2 green peppers, seeded, cut in pieces
- 2 tablespoons butter
- $\frac{1}{2}$  cup milk, scalded
- seasonings to taste

Put all ingredients together in a sauce pan. Cover. Let cook for about 5 minutes. Then serve.

**SHRIMPS WITH APPLES AND KETCHUP**

- $2\frac{1}{2}$  cups shrimps, off the shell
- 2 apples, peeled, cored, chopped
- 5 tablespoons ketchup
- $\frac{1}{3}$  cup water
- 3 tablespoons butter

Put all ingredients in a sauce pan. Cover. Let cook for about 8 to 9 minutes. Then serve.

**SHRIMPS WITH MUSHROOMS, RED PEPPERS AND CREAM**

- 2 cups shrimps, off the shell
- $\frac{1}{2}$  pound mushrooms, washed, sliced
- 2 red peppers, seeded, chopped
- 1 cup cream
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Cook slowly for about 10 minutes. Then serve.

**SHRIMPS WITH PINEAPPLE AND CURRY**

- 2 cups shrimps, off the shell
- $\frac{1}{2}$  cup cream, boiled
- $\frac{1}{2}$  cup pineapple, fresh, chopped
- 1 teaspoon curry powder
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Cook slowly for about 8 minutes. Then serve.

All these Recipes are for 4 persons.



**SHRIMPS WITH PINEAPPLE AND VINEGAR**

- 3 cups shrimps, off the shell
- 2 cups pineapple, fresh or canned, chopped
- 4 tablespoons butter
- $\frac{1}{3}$  cup vinegar
- seasonings to taste

Put all ingredients in a baking dish. Bake in hot oven for about 10 minutes. Then serve.

**SHRIMPS WITH TOMATOES AND CHEESE, BAKED**

- 2 cups shrimps, off the shell
- 3 tomatoes, chopped
- 1 cup American cheese, grated
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a baking dish. Bake in hot oven for about 6 minutes. Then serve.

**TROUT (BROOK) WITH ORANGES**

- 4 brook trout
- 3 oranges, peeled, sliced
- 4 tablespoons butter
- flour
- seasonings to taste

Season the trout. Dredge them in flour. Fry them slowly in butter in a frying pan for about 6 minutes. Fry on both sides. Add the sliced oranges. Then serve.

**TROUT (BROOK) WITH RHUBARB**

- 4 brook trout
- 4 cups rhubarb, strung or peeled, cut in pieces
- 4 tablespoons butter
- seasonings to taste

Boil the rhubarb for 1 minute in salted water. Drain off water. Put all other ingredients in a buttered baking pan. Cover with the rhubarb. Bake in hot oven for about 8 minutes. Then serve.

All these Recipes are for 4 persons.

**TROUT (SEA) WITH CHEESE AND TOMATOES**

- 4 filets of sea trout
- 6 tomatoes, sliced
- $\frac{1}{2}$  cup cheese, grated
- $\frac{1}{3}$  cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients, except the cheese, in a baking pan. Bake in hot oven for about 8 minutes. Sprinkle with the cheese. Finish baking, about 3 minutes. Then serve.

**WHITEFISH WITH CREAM AND CELERY**

- $\frac{1}{2}$  cup celery, washed, peeled, chopped fine
- 8 filets of whitefish, small
- 1 cup cream
- 2 tablespoons butter
- seasonings to taste

Boil the cream. Add celery, seasonings and butter. Place filets of whitefish in a buttered baking dish. Pour over them the cream mixture. Bake in hot oven for about 8 minutes. Then serve.

**Meats and Entrees****BACON, HAM AND TOMATOES, BAKED**

- 8 slices bacon
- 4 slices cooked ham
- 4 tomatoes, sliced

In a small baking pan put first the sliced tomatoes, then the ham and bacon. Bake in hot oven for about 8 minutes. The tomatoes will be cooked by the fat which drips from the bacon and ham.

**BACON WITH MUSTARD AND BREAD CRUMBS**

- 8 slices bacon, cut thick
- 1 cup bread crumbs
- 1 tablespoon mustard powder
- 1 egg

Put slices of bacon in a baking pan. In a bowl mix together the bread crumbs, egg and mustard. Spread mixture on each slice of bacon. Put baking pan in oven and cook for about 6 minutes. Then serve.

**All these Recipes are for 4 persons.**

**BEEF (CHIPPED) WITH RAISINS AND CELERY**

- 2 pounds chipped beef
- $\frac{1}{2}$  cup raisins, washed
- $\frac{1}{2}$  cup celery, washed, chopped fine
- $\frac{1}{2}$  cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Let cook slowly for about 8 minutes. Then serve.

**BEEF (SMOKED) WITH ONIONS AND GRAPEFRUIT**

- 2 cups smoked beef, shredded
- 3 onions, peeled, sliced
- 2 grapefruit, quartered, all skin removed
- 3 tablespoons butter
- seasonings to taste

In a sauce pan put butter and onions. Place on fire, cook to a golden brown, add grapefruit and seasonings, then the smoked beef. Cover. Cook quickly for about 3 minutes. Then serve.

**BEEF (SMOKED) WITH PINEAPPLE AND PAPRIKA**

- $1\frac{1}{2}$  pounds smoked beef, cold boiled, shredded
- 5 slices pineapple, fresh or canned, chopped fine
- 1 cup cream, boiled
- $\frac{3}{4}$  tablespoon paprika
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Let cook slowly for about 10 minutes. Then serve.

**BEEF TENDERLOIN WITH FRIED EGGS**

- 2 pounds beef tenderloin, cut in 4 pieces
- 8 eggs
- 6 tablespoons butter
- seasonings to taste

Season the tenderloin. Cook in butter in frying pan on both sides for about 6 minutes. Fry 2 eggs for each piece of tenderloin (see p. 45). Before serving, place 2 fried eggs on top of each piece of tenderloin.

All these Recipes are for 4 persons.

**BEEF TENDERLOIN WITH PAPRIKA, MINCED**

- 2½ pounds beef tenderloin, cut in small pieces
- 4 tablespoons butter
- 1 tablespoon paprika
- ½ cup water
- seasonings to taste

Put butter in frying pan and place on fire. When butter is foaming, add the tenderloin. Season. Cook quickly for about 6 minutes. Remove tenderloin from frying pan. Put water and paprika in the frying pan and let boil with the butter. Strain through a strainer into a sauce pan. Mix in the cooked tenderloin. Then serve.

**BEEF TONGUE (SMOKED), FARMER STYLE**

- 1 smoked tongue, sliced
- 4 potatoes, peeled, cut in thin slices
- 3 cups spinach, washed, chopped
- 3 tablespoons butter
- 2 cups water
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Let cook for about 10 minutes. Then serve.

**BEEF TONGUE (SMOKED) WITH CHEESE AND MUSTARD**

- 8 slices cold boiled smoked beef tongue, sliced thick
- ½ cup Swiss cheese, grated
- ¾ tablespoon mustard

Put the slices of tongue flat in a buttered roasting pan. Mix the cheese and mustard together. Put some of the mixture on each slice of tongue. Put in moderate oven and let cook until brown on top. This requires about 6 to 7 minutes. Then serve.

**CALF'S BRAINS WITH GREEN PEPPERS AND PAPRIKA**

- 2 calf's brains
- 4 green peppers, seeded, cut in small pieces
- 1 tablespoon paprika
- 4 tablespoons butter
- seasonings to taste

Boil the calf's brains quickly in salted water for about 2 minutes. When boiled, remove outer skin of the brains and cut the brains in pieces of medium size. Place all ingredients in a frying pan. Fry quickly for about 5 minutes. Then serve.

All these Recipes are for 4 persons.

**CALF'S BRAINS WITH SPINACH**

- 2 calf's brains, cut in halves
- 5 cups spinach, washed, chopped not too fine
- 4 tablespoons butter
- $\frac{1}{2}$  cup water
- 1 tablespoon vinegar
- seasonings to taste

Place all ingredients together in a sauce pan. Cover. Let cook for about 8 minutes. Then serve.

**CALF'S LIVER WITH APPLES AND POTATOES**

- 8 slices calf's liver
- 3 apples, peeled, cored, sliced to make rings
- 3 potatoes, peeled, sliced thin
- $\frac{1}{2}$  cup butter
- flour
- seasonings to taste

Dredge slices of calf's liver with flour, and season. Put half the butter in a frying pan and cook the slices of liver on both sides for about 4 minutes. Put the rest of the butter in another frying pan and cook the apples and potatoes for about 8 minutes. Serve the calf's liver on top of the potatoes and apples.

**CALF'S LIVER WITH BACON AND POTATOES**

- 4 slices calf's liver
- 8 slices bacon
- 4 potatoes, peeled, sliced thin
- 1 tablespoon butter
- flour
- seasonings to taste

Place the potatoes, butter and bacon in a frying pan. Put on fire. On top place slices of calf's liver dredged with flour and seasonings. Cover with a plate. Let cook for about 10 minutes. If potatoes cook too rapidly, move them with a fork. Then serve.

All these Recipes are for 4 persons.

**CALF'S LIVER WITH TOMATOES**

- 8 slices calf's liver
- 3 tomatoes
- 2 tablespoons butter
- seasonings to taste

Cut slices of calf's liver in half. Fry quickly in butter in frying pan. Remove calf's liver from frying pan, leaving butter in frying pan. Slice the tomatoes and season highly. Put them in frying pan and cook very quickly on very hot fire for about 5 minutes. Pour tomato over calf's liver.

**CHEESE BALLS**

- 1 cup American cheese, grated
- 2 teaspoons flour
- $\frac{1}{4}$  teaspoon salt
- 2 whites of egg
- $\frac{1}{2}$  cup bread crumbs

Mix grated cheese with flour and salt. Beat stiff the whites of egg. Mix with the other ingredients, and roll in the bread crumbs, using 1 tablespoon for each ball. Fry in deep fat.

**HAM FRITTERS**

- 2 cups boiled ham, chopped
- 1 cup bread crumbs
- 2 eggs
- 1 cup milk
- 1 cup flour
- 1 teaspoon baking powder
- salt and pepper to taste
- fat

Mix other ingredients well together with the flour to make a batter which can be dropped from a spoon. Drop by tablespoonfuls in hot fat in frying pan. Fry to a delicate brown, first on one side and then on the other. Serve hot.

**HAM STEAK WITH TOMATOES**

- 2½ pounds ham steak, in two pieces
- 6 tomatoes, sliced
- $\frac{1}{2}$  teaspoon pepper
- 2 tablespoons butter

Place the ham steaks in a baking pan. Arrange the slices of tomato on top of the ham steaks. Place 1 tablespoon of butter and the pepper on top of each steak. Bake in hot oven for about 8 minutes. Then serve.

All these Recipes are for 4 persons.

**HAM WITH ONIONS AND MUSTARD**

- 8 slices raw ham
- 6 onions, peeled, sliced thin
- 2 tablespoons butter
- $\frac{3}{4}$  tablespoon mustard
- 1 tablespoon water, boiling

Fry the onions in butter in a large frying pan. Add the ham and let cook together for about 10 minutes. Dilute the mustard with the boiling water. Add the mustard paste to the ham and onions. Then serve.

**HAM WITH ORANGES AND TOMATOES**

- 8 slices boiled ham
- 4 oranges, peeled, sliced
- 3 tomatoes, sliced thin
- 1 tablespoon butter

Place the slices of ham in a round baking dish. Arrange on top sliced oranges and tomatoes. Put butter on top of tomatoes. Bake in hot oven for about 4 to 5 minutes.

**HAM WITH PEACHES AND RED PEPPERS**

- 8 slices boiled ham, cut in pieces
- 4 peaches, pitted, sliced
- 4 red peppers, seeded, cut in pieces
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a frying pan. Place on fire and cook for 4 minutes. Then serve.

**HAM WITH PINEAPPLE**

- 4 slices raw ham
- 4 slices fresh pineapple, chopped not too fine
- 1 tablespoon butter

Fry the slices of ham in the butter in a frying pan. When fried, remove ham from frying pan, leaving the butter in the frying pan. Put the chopped pineapple in frying pan. Let fry for about 3 minutes, and then pour over the slices of ham.

**HAM WITH RAISINS AND ORANGES**

- 4 slices raw ham
- 1 cup raisins, washed, stemmed
- 4 oranges, peeled, quartered
- 3 tablespoons butter
- seasonings to taste

Boil the raisins in a little water for about 3 minutes. Drain off water. Put all other ingredients in a frying pan and add the raisins. Let cook for about 6 minutes. Then serve.

All these Recipes are for 4 persons.

**HAM WITH TOMATOES AND VINEGAR**

- 6 slices cold ham
- 5 tomatoes, sliced
- $\frac{1}{2}$  cup vinegar
- 3 tablespoons butter
- seasonings to taste

Arrange the slices of ham on a long platter. Put vinegar, seasonings, tomatoes and butter in a sauce pan and cook for 5 minutes. Pour over the ham. Then serve. The sauce will warm up the ham.

**LAMB CHOPS WITH CELERY AND ONIONS**

- 8 lamb chops
- 1 cup celery, washed, chopped fine
- 2 onions, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a frying pan. Place on moderate fire and cook for about 8 minutes. The lamb chops must be cooked on both sides.

**LAMB CHOPS WITH GREEN PEPPERS AND TOMATOES**

- 8 lamb chops, cut medium, not too thin
- 2 green peppers, cored, seeded, quartered
- 2 tomatoes, each sliced in 4 slices
- 2 tablespoons butter
- seasonings to taste

Season chops with salt and pepper. Butter a baking pan with the butter and place chops in it. Place 1 piece of green pepper on each chop. Place 1 slice of tomato on top of each slice of green pepper. Place baking pan on the fire and cook until the butter starts to fry the chops. Then place the baking pan under the broiler flame (underneath oven) or directly in oven if oven is hot enough. Let cook for about 8 to 10 minutes.

**LAMB CHOPS WITH MUSHROOMS AND ANCHOVIES**

- $\frac{1}{2}$  pound mushrooms, washed, sliced
- 8 lamb chops
- 6 filets of anchovy, chopped
- 3 tablespoons butter
- seasonings to taste

Season lamb chops and mushrooms. Put butter in a frying pan. Fry the lamb chops on one side, then turn on the other. Add the mushrooms and let cook for about 5 minutes. Remove lamb chops from the frying pan. Pour the chopped anchovies into the frying pan, mix with the mushrooms and butter and then pour them over the lamb chops. Then serve.

All these Recipes are for 4 persons.



**LAMB CHOPS WITH RADISHES AND CUCUMBERS**

- 8 lamb chops
- 12 radishes, washed, cleaned, sliced thin
- 3 cucumbers, peeled, cut in halves, seeded, sliced thin
- 4 tablespoons butter
- 3 tablespoons water
- seasonings to taste

Broil the lamb chops. While chops are broiling, put radishes, cucumbers, butter, water and seasonings in a kettle. Cook for about 8 minutes. If cucumbers give out too much water, remove excess. Pour cucumber mixture over the lamb chops before serving.

**LAMB KIDNEYS, BEEF TENDERLOIN AND CURRY**

- 6 lamb kidneys, cut in halves, sliced
- 1 pound beef tenderloin, sliced thin
- 2 onions, peeled, chopped
- 1 tablespoon curry powder
- 3 tablespoons butter
- seasonings to taste

Put butter in frying pan and put on fire. When foaming, add the kidneys and tenderloin. Season. Cook on hot fire for 3 minutes, stirring constantly. Add onions and curry powder. Reduce the heat. Let cook together for about 5 minutes. Then serve.

**LAMB KIDNEYS, CALF'S LIVER AND BACON**

- 8 lamb kidneys, cut in halves
- 4 slices calf's liver, cut in halves
- 8 slices bacon
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a large frying pan. Cook quickly for about 5 minutes. Then serve.

**LAMB KIDNEYS, VEAL AND MUSHROOMS**

- 8 lamb kidneys, cut in halves
- $\frac{1}{2}$  pound veal loin, cut in thin slices
- $\frac{1}{4}$  pound mushrooms, washed, sliced
- butter or fat
- seasonings to taste

In one frying pan, fry the lamb kidneys and the veal, seasoned, for about 5 minutes. In another frying pan cook the mushrooms seasoned, with butter or fat for about 5 minutes. Mix veal, kidneys and mushrooms, then serve.

All these Recipes are for 4 persons.

**LAMB'S LIVER, BROILED AND CURRIED**

- 8 slices lamb's liver
- 1 cup bread crumbs
- 1 tablespoon curry powder
- 3 tablespoons butter
- seasonings to taste

Season slices of liver. Place slices in a greased baking pan. On each slice of liver arrange the bread crumbs mixed with the curry powder. Place on top of each slice a piece of butter. Put baking pan underneath the gas flame of the oven (broiling oven). Let broil slowly until nicely brown. Then serve.

**PORK HAMBURGER STEAK WITH APPLES**

- 2½ pounds fresh pork (lean and fat), passed through meat grinder
- 4 apples, peeled, cored, quartered, passed through meat grinder
- 1 egg
- 4 tablespoons butter
- seasonings to taste

Mix the pork with the egg, apples and seasonings and mould into desired form. Put butter in a frying pan, and place on fire. When butter is foaming, put in hamburger steak and cook on both sides for about 10 minutes. Then serve.

**PORK WITH PEARS AND APPLES**

- 2½ pounds loin of pork, sliced in thin slices
- 3 pears, peeled, cored, sliced
- 3 apples, peeled, cored, sliced
- 4 tablespoons butter
- seasonings to taste

Season pork. In one frying pan put 2 tablespoons of the butter and the pork. Cook for about 5 minutes. In another frying pan put the remaining tablespoons of butter with the apples and pears mixed together, and cook for 3 to 4 minutes. Add the pork to the pear mixture, mix well and serve.

**SAUSAGES WITH APPLES**

- 8 pork sausages
- 3 apples, cored, peeled, sliced in ¼ inch rings
- butter or fat

Put sausages in frying pan with a little butter or fat. Cook for about 6 minutes on moderate fire. Add the sliced apples, turning on both sides until they are tender and browned. Serve.

All these Recipes are for 4 persons.

**SAUSAGES WITH BANANAS**

- 16 sausages
- 6 bananas, peeled, sliced
- 2 tablespoons butter
- $\frac{1}{2}$  teaspoon salt

Season the bananas with the salt. Put butter in frying pan. When foaming, add sausages and bananas. Let cook for about 8 minutes. Then serve.

**SAUSAGES WITH BANANAS AND TOMATOES**

- 12 sausages
- 4 bananas, peeled, cut in halves lengthwise
- 3 tomatoes, sliced
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a frying pan. Put frying pan in a hot oven. Let cook for 10 minutes. Then serve.

**SAUSAGES WITH CORN**

- 12 sausages
- 3 ears corn (must be young), off the cob
- 2 tablespoons butter

Put all ingredients in a frying pan. Let cook for about 9 minutes. Then serve.

**SAUSAGES WITH COTTAGE POTATOES**

- 4 potatoes, peeled, sliced thin
- 12 sausages
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a large frying pan. Place the frying pan on fire and cook quickly on one side. Then turn over with two pancake turners and cook on the other side. Serve.

**SAUSAGES (FRANKFURTER) WITH GREEN PEPPERS**

- 12 green peppers, seeded, cut in pieces
- 8 Frankfurter sausages
- 2 tablespoons butter
- $\frac{1}{3}$  cup water
- seasonings to taste

Put all ingredients in a sauce pan. Cover and let cook slowly for 6 to 8 minutes. Then serve.

**All these Recipes are for 4 persons.**

**SAUSAGES (FRANKFURTER) WITH TOMATOES**

- 8 Frankfurter sausages
- 8 tomatoes, sliced
- $\frac{1}{4}$  cup water
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Let cook slowly for about 10 minutes. Then serve.

**SWEETBREAD AND POTATO CAKE**

- 3 pieces sweetbread, passed through meat chopper
- 3 potatoes, peeled, passed through meat chopper
- 1 egg
- 4 tablespoons butter
- seasonings to taste

Mix sweetbread, potato, egg and seasonings together. Shape in flat pancake form, not too thick. Put butter in frying pan. When foaming, place pancake in the butter. Let cook on both sides for about 6 minutes, 3 minutes on each side. Then serve.

**SWEETBREAD AND SAUSAGES**

- 8 sausages
- 4 pieces sweetbread, sliced
- 2 tablespoons butter
- flour
- seasonings to taste

Season the sliced sweetbread. Dredge in flour. Put butter in frying pan. Let butter melt, then add the sausages and the sweetbread. Let cook for about 12 minutes. Then serve.

**SWEETBREAD WITH TOMATOES**

- 4 pieces sweetbread, sliced
- 6 tomatoes, sliced
- 1 onion, peeled, chopped
- 4 tablespoons butter
- flour
- seasonings to taste

Season the sliced sweetbread and dredge with flour. Put butter in frying pan. When foaming, put all ingredients in pan. Let cook for about 10 minutes. Reduce the heat as soon as the tomatoes start to soften. Serve.

**VEAL AND HAM WITH ONIONS**

- $2\frac{1}{2}$  pounds veal loin, sliced very thin
- 3 onions, peeled, sliced
- 3 slices ham, raw, sliced thin, slices cut in halves
- 4 tablespoons butter
- seasonings to taste

Season the veal. Put butter, onions, ham and veal together in a frying pan. Place on fire and let cook 8 minutes, stirring all the time. Then serve.

All these Recipes are for 4 persons.

**VEAL WITH HAM AND TOMATOES**

- 1½ pounds veal, leg or loin, sliced in small thin pieces
- 4 slices cold boiled ham, cut in large squares
- 5 tomatoes, sliced
- 1 onion, peeled, chopped fine
- butter
- fat
- seasonings to taste

In one frying pan put the fat. When foaming, put in the veal and cook quickly on hot fire for about 2 minutes. Add onion and seasonings and let cook together for 1 minute. Stir to prevent onion from burning. While veal is cooking, put butter and tomatoes in another frying pan and let cook for about 4 to 5 minutes. Add the ham. Remove from fire. Mix ham, tomatoes and veal together and serve.

**VEAL CHOPS WITH PICKLES AND POTATOES**

- 4 veal chops, cut thin
- 4 pickles, chopped fine
- 4 potatoes, peeled, diced small
- 5 tablespoons butter
- seasonings to taste

Put all ingredients, except the pickles, in a frying pan. Let cook for 10 minutes. Move the potatoes occasionally with a fork to prevent them from sticking. Add the pickles. Then serve.

**VEAL CUTLETS WITH APPLES, BROILED**

- 4 veal cutlets
- 4 apples, peeled, cored, sliced thick
- flour
- seasonings to taste

Season the veal cutlets and broil them for 9 minutes. Dredge the apples with flour and broil for 8 minutes. Place apples around the veal cutlets on a platter when serving.

**VEAL CUTLETS WITH CREAM AND RED PEPPERS**

- 4 veal cutlets
- ½ cup cream
- 4 tablespoons butter
- 2 red peppers, seeded, chopped fine
- seasonings to taste

Put butter in a frying pan. Season veal cutlets with salt and pepper. Put them in frying pan and cook on both sides. This will take about 10 minutes. Remove veal cutlets from frying pan. Put red peppers in frying pan. Let cook for about 2 minutes. Add the cream and let boil for 2 minutes. Pour sauce over the veal cutlets before serving.

All these Recipes are for 4 persons.

**VEAL KIDNEYS WITH OLIVES, ONIONS AND GREEN PEPPERS**

- 4 veal kidneys, cut in halves, sliced
- 3 green peppers, cut in pieces, seeded
- $\frac{1}{2}$  cup olives, green or ripe, pitted, chopped
- 4 tablespoons butter
- seasonings to taste

Put all ingredients in a frying pan. Let cook together for about 8 minutes. Then serve.

**WELSH RAREBIT**

- 4 slices of bread, toasted
- 4 cups American cheese, grated or cut in pieces
- $\frac{1}{2}$  cup butter
- $\frac{3}{4}$  cup water
- seasonings to taste
- cayenne pepper

Put butter, cheese, water, pepper and seasonings in a sauce pan. Melt slowly on fire, stirring constantly. When melted, this will form a smooth paste. Pour it over each piece of toast. This dish must be served hot. When obtainable, beer may be used instead of water, the result being better.

**Vegetables****APPLES AND BACON**

- 8 slices bacon
- 4 apples, cored but not peeled, sliced in rings  $\frac{1}{2}$  inch thick
- 2 tablespoons butter
- flour
- seasonings to taste

Dredge the apple rings with flour. Cook them on both sides in the butter in a frying pan. Season. Fry the slices of bacon until crisp. Serve 2 slices of bacon and 4 rings of apple on each plate for each person.

**CANTALoupES AND TOMATOES**

- 2 cantaloupes, not too ripe, peeled, quartered, seeded, sliced thick
- 6 tomatoes, sliced
- 4 tablespoons butter
- seasonings to taste

Put butter in frying pan. When foaming, add tomatoes, cantaloupes and seasonings. Cook on hot fire for about 5 minutes. Stir occasionally to prevent scorching. Then serve.

All these Recipes are for 4 persons.

**CARROTS AND BACON**

- 8 carrots, peeled, sliced thin
- 8 slices bacon
- 1½ tablespoon butter
- seasonings to taste

Boil the carrots in salted water for about 8 minutes. Drain off water. Season the carrots. Put butter and bacon in a frying pan. When butter starts to foam, add the carrots. Let cook until bacon is crisp. The carrots will sometimes become dark; this is due to the bacon. Serve.

**CELERY LEAVES AND ONIONS**

- 6 cups celery leaves (green leaves only), washed
- 4 onions, peeled, sliced thin
- 3 tablespoons butter
- 1 cup water
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 10 minutes. Then turn quickly into a frying pan and put on a hot fire to evaporate excess water, if any. Then serve.

**CUCUMBERS STUFFED WITH MUSHROOMS**

- 4 cucumbers, peeled, cut in halves, seeded
- ½ pound mushrooms, washed, chopped fine
- 4 tablespoons butter
- seasonings to taste

Boil the cucumbers quickly in salted water for 2 minutes. Remove from water. Put them in a buttered baking dish. Cream the butter with the seasonings. Add the mushrooms and mix well. Stuff the cucumber halves with the mushroom mixture. Bake in hot oven for about 8 minutes. Then serve.

**CUCUMBERS WITH ONIONS AND VINEGAR**

- 5 cucumbers, peeled, sliced
- 5 onions, peeled, sliced thin
- ½ cup vinegar
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Let cook for 10 minutes. Then serve.

All these Recipes are for 4 persons.

**EGG PLANT, FRIED**

- 1 or 2 egg plants, according to size, peeled, cut in slices  
     $\frac{1}{4}$  inch thick
- 1 cup milk
- 1 cup flour
- $\frac{1}{2}$  cup butter or butter substitute
- seasonings to taste

Season the egg plant slices. Dip in milk and dredge with flour. Melt butter in frying pan. Cook the egg plant slices on both sides until nicely brown, about 5 minutes.

**EGG PLANT AND POTATOES**

- 1 egg plant, peeled, diced small
- 3 potatoes, peeled, diced small
- 3 tablespoons butter
- flour
- seasonings to taste

Cover egg plant with enough flour just to adhere to the dice and shake to remove excess flour. Mix with potatoes. Put butter in frying pan and cook until it foams. Put egg plant and potatoes in frying pan and season to taste. Put frying pan in hot oven and cook for 8 to 10 minutes.

**EGG PLANT, ONIONS AND POTATOES**

- 2 egg plants, peeled, sliced thin
- 2 onions, peeled, sliced
- 4 potatoes, peeled, sliced thin
- 2 cups water
- 1 tablespoon butter
- seasonings to taste

Place all ingredients in a sauce pan. Boil for 10 minutes. Then serve.

**EGG PLANT WITH CHEESE AND ANCHOVIES**

- 2 egg plants, peeled, cut in 8 slices (4 each)
- 1 cup Swiss cheese, grated
- 6 filets of anchovy, chopped
- 3 tablespoons butter
- flour
- seasonings to taste

Season the egg plants and dredge in flour. Put them flat in a buttered roasting pan. Cream the butter and add gradually the anchovies and cheese. Cover each slice of egg plant with the mixture. Put roasting pan in hot oven. Cook for about 8 minutes. Then serve.

**All these Recipes are for 4 persons.**



### ENDIVES IN BUTTER

- 8 endives, cleaned, washed
- 5 tablespoons butter
- 1 teaspoon sugar
- seasonings to taste

Boil the endives in salted water for about 8 minutes. Remove endives from water and season them. Put butter in a frying pan with the endives. Cook on hot fire for about 3 minutes. Turn the endives in the butter with a fork from time to time in order that the endives may be thoroughly impregnated with the butter. Just before serving add the sugar to the butter and roll the endives in the mixture. Then serve.

### LETTUCE, TOMATOES AND CUCUMBER

- 5 tomatoes, or 2 cups of canned tomatoes
- 1 head lettuce, washed, shredded
- 1 cucumber, peeled, seeded, sliced
- 2 tablespoons butter
- 1 cup water
- seasonings to taste

Chop or slice the tomatoes. Put all ingredients in a sauce pan. Season. Boil for 10 minutes. Then serve.

### MUSHROOMS AND BACON

- 4 slices bacon
- 1½ pounds mushrooms

Cut off the sandy end of the stems of the mushrooms, wash them until the water is clear, drain and put in a towel. Cut the slices of bacon in small pieces and fry them. When the fat starts to sing, add the mushrooms. Cook for about 8 minutes. Season to taste and serve.

### MUSHROOMS AND EGG PLANT

- 1 egg plant, peeled, diced
- 1 pound mushrooms, washed, quartered
- 3 tablespoons butter
- seasonings to taste
- flour

After the egg plant has been diced, roll the dice in flour. Shake dice in a strainer. Put in a frying pan the butter, mushrooms, seasonings and egg plant. Cook on moderate fire for about 5 minutes, stirring occasionally to cook all the surfaces of the egg plant and mushrooms.

All these Recipes are for 4 persons.

**MUSHROOMS AND ONIONS**

- 1½ pounds mushrooms, washed, quartered
- 4 onions, peeled, chopped fine
- 4 tablespoons butter
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Cook quickly for about 5 minutes. Then serve.

**MUSHROOMS, OLIVES AND TOMATOES**

- 1 cup olives, green or ripe, pitted
- 1 pound mushrooms, washed, quartered
- 5 tomatoes, sliced
- 2 tablespoons butter
- seasonings to taste

Place all ingredients in a sauce pan. Cover. Let cook for 8 minutes. Then serve.

**MUSHROOMS, ONIONS AND ANCHOVIES**

- 1½ pounds mushrooms, washed, quartered
- 1 onion, peeled, chopped fine
- 4 filets of anchovy, chopped fine
- 4 tablespoons butter
- 3 tablespoons milk
- seasonings to taste

Put all ingredients in a sauce pan. Cover. Let cook for about 5 minutes. Then serve.

**OKRA AND TOMATOES**

- 4 tomatoes, sliced
- 1 onion, peeled, chopped fine
- 12 okra, washed, both ends removed, each cut in 3 pieces
- 3 tablespoons butter
- seasonings to taste

Place all ingredients in a sauce pan. Cover. Let cook for about 8 minutes. Then serve.

**ONIONS, FRENCH FRIED**

- 6 large onions, peeled, sliced in ¼ inch slices, separated into rings
- 1 cup milk
- 1 cup flour
- pinch of salt
- fat

Dip onion rings in milk. Drain off milk and dip in flour. Put in a colander and shake off flour. Fry in deep fat until crisp and brown. Remove onions from fat. Sprinkle with salt. Then serve.

All these Recipes are for 4 persons.

**POTATOES AND VERMICELLI**

- 3 potatoes, peeled, sliced thin
- 3 cups vermicelli, broken in pieces
- 3 tablespoons butter
- seasonings to taste

Boil the potatoes in salted water for 8 minutes. Drain off water. Boil the vermicelli in salted water for about 10 minutes. Drain off water. Mix vermicelli, potatoes, butter and seasonings together. Then serve.

**POTATOES, CARROT AND BACON**

- 4 slices bacon
- 1 carrot, peeled, sliced thin
- 3 potatoes, peeled, sliced thin
- 3 tablespoons butter
- seasonings to taste

Season carrot and potatoes to taste. Put butter in frying pan. When butter foams, put potatoes and carrot mixed in the frying pan. Put in hot oven and let cook for 8 to 10 minutes. Three minutes before serving put slices of bacon on top and cook until bacon is brown (not crisp).

**POTATOES (SWEET) AND BACON**

- 6 sweet potatoes, peeled, passed through meat chopper
- 6 slices bacon, cut in pieces
- 2 tablespoons butter
- seasonings to taste

Mix bacon, potatoes and seasonings together. Put butter in a frying pan. When butter is foaming, add the potato mixture. Cook for about 8 minutes, stirring occasionally. Then serve.

**SQUASH (HUBBARD) AND POTATO PANCAKE**

- 3 potatoes, peeled, passed through meat chopper
- 1 cup Hubbard squash, peeled, passed through meat chopper
- 2 eggs
- 4 tablespoons butter
- seasonings to taste

Mix together the potatoes, squash, eggs and seasonings. Put butter in a frying pan. When foaming, drop tablespoon by tablespoon the potato and squash mixture into the pan. Fry on both sides for about 3 minutes. Then serve.

All these Recipes are for 4 persons.

### **SQUASH (ITALIAN) WITH BROWN BUTTER**

- 4 Italian squashes, peeled, sliced
- 6 tablespoons butter
- 4 tablespoons oil
- flour
- seasonings to taste

Season the squash and dredge in flour. Put the oil and 3 tablespoons of the butter in a frying pan. When butter and oil are hot, fry quickly the Italian squash. This requires about 5 minutes. Remove squash from frying pan. Put on a platter. In another frying pan put the remaining 3 tablespoons of butter. Put on fire and cook until butter starts to brown. Then pour butter over the squash and serve.

### **TOMATO TOAST**

- 4 slices bread, toasted
- 3 tomatoes, sliced thin
- 4 tablespoons Swiss cheese, grated
- 2 tablespoons butter, melted

Put slices of tomato on top of the toast. Sprinkle with the grated cheese. Pour a little of the melted butter over the cheese. Put toast in a baking pan. Put in the broiling oven not too near the flame. When cheese has browned, serve.

### **TOMATOES, BANANAS AND CELERY**

- 4 tomatoes, sliced
- 4 bananas, peeled, sliced
- 3 tablespoons celery, chopped fine
- 3 tablespoons butter
- 1 tablespoon water
- seasonings to taste

Put all ingredients together in a sauce pan. Cover. Let cook for 6 to 7 minutes. Then serve.

### **TOMATOES, BREADED AND FRIED**

- 4 tomatoes, each cut in 3 slices
- 2 cups bread crumbs
- 2 eggs, well beaten
- flour
- fat or lard
- seasonings to taste

Season and dredge in flour the slices of tomato. Dip them in the beaten eggs, then in the bread crumbs. With a knife tap each slice of tomato to make the bread crumbs adhere to them. Fry on both sides in the frying pan with the fat or lard. Then serve.

**All these Recipes are for 4 persons.**

**TOMATOES STUFFED WITH HAM**

- 4 tomatoes, cut in halves
- 3 slices boiled ham, chopped
- 1 cup bread crumbs
- 1 egg
- seasonings to taste

Mix together bread crumbs, egg, ham and seasonings. Put the tomato halves in a baking dish. With a spoon stuff the tomato halves with the bread crumb mixture. Bake in hot oven for 5 minutes. Then serve.

**TOMATOES WITH CURRY, STEWED**

- 10 tomatoes, peeled or unpeeled, cut in quarters
- $\frac{1}{3}$  cup water
- 1 onion, peeled, chopped fine
- $1\frac{1}{2}$  teaspoons curry powder
- 3 tablespoons butter
- 1 teaspoon salt

Put all ingredients together in a sauce pan. Cover. Cook quickly for about 6 minutes. Then serve.

**TOMATOES WITH PAPRIKA, STEWED**

- 8 tomatoes, quartered
- 3 tablespoons butter
- 1 tablespoon paprika
- 2 tablespoons water
- pinch of salt

Place all ingredients together in a sauce pan. Cover. Cook slowly for about 10 minutes. Then serve.

**Desserts****AMBROSIA**

- 3 oranges, peeled, sliced
- 2 bananas, peeled, sliced
- 3 slices pineapple, chopped
- 5 tablespoons cocoanut, grated

Mix all ingredients together. Place in a bowl and put in the ice box to chill. Then serve.

All these Recipes are for 4 persons.

**BANANA APPLE PUREE**

- 4 apples, peeled, cored, sliced
- 4 bananas, peeled, sliced
- 1 tablespoon butter
- $\frac{1}{2}$  cup water

Put apples and bananas in a stewpan. Add butter and water. Cook in covered stewpan for about 10 minutes. Mix thoroughly with potato masher and serve.

**BANANA FROTH**

- 4 bananas, peeled, passed through a sieve
- 1 cup cream
- 5 tablespoons sugar

Mix the sugar and the banana puree together. Whip the cream until stiff. Fold in gently the banana mixture. Serve in a dessert or cut glass dish.

**BANANAS, BAKED**

- 4 bananas
- powdered sugar

Wash the bananas. With a knife loosen one section of the skin, and then replace on banana. Put in shallow pan, cover with a tin plate or baking pan. Bake until the skin is dark (about 10 minutes). Banana should be soft. Remove banana from the skin and sprinkle with powdered sugar.

**BANUTTI**

- 5 bananas, peeled, rubbed through a sieve
- 2 tablespoons sugar
- $\frac{1}{2}$  lemon, juice only
- $\frac{1}{2}$  cup nut meats, chopped fine
- $\frac{1}{2}$  cup cream, whipped

Add the sugar, lemon juice and chopped nuts to the banana pulp. Mix the fruit mixture gradually into the whipped cream, beating slowly and constantly. Serve in glasses or in pudding dish.

**CHEESE MERINGUE**

- 1 cup cheese, grated
- 4 whites of egg, beaten stiff
- seasonings to taste

Beat the whites of egg stiff and add grated cheese and seasonings. Drop on a greased and floured pastry sheet. Bake in slow oven for about 3 to 4 minutes or until light brown.

**All these Recipes are for 4 persons.**

**CHEESE TOAST**

- 4 slices of bread (stale)
- $\frac{1}{2}$  cup cheese, grated
- 1 cup milk
- pepper and salt to taste
- fat

Boil milk. Fry slices of bread in deep fat. Remove from fat and drain. Place in milk until moist. Season. Place in baking dish. Cover with grated cheese. Bake for 5 minutes in hot oven. Then serve.

**COCOA CREAM PUDDING**

- 4 tablespoons cocoa powder
- $\frac{1}{2}$  cup sugar
- 2 cups milk and cream, mixed half and half
- 5 tablespoons flour

Mix sugar, cocoa powder and flour. Add the milk and cream slowly, mixing well. Put in sauce pan and bring to boiling point slowly. Serve in pudding dish.

**CORNMEAL PANCAKE**

- $1\frac{1}{2}$  cups cornmeal
- $1\frac{1}{2}$  cups boiling water
- $\frac{1}{4}$  cup milk
- 1 tablespoon melted butter
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  teaspoon salt

Mix sugar, salt and cornmeal. Add milk, boiling water and melted butter. Beat until thoroughly mixed. Cook on greased pancake griddle.

**CUSTARD, SOFT**

- 2 cups milk, scalded
- 3 egg yolks
- $\frac{1}{2}$  cup sugar
- 1 teaspoon vanilla extract

Beat the egg yolks slightly with the sugar and add slowly the scalded milk. Place on a slow fire and bring to a boil, stirring constantly. Remove from fire and add the vanilla extract. Serve hot or cold.

**ENGLISH MONKEY**

- 5 slices of bread
- 1 cup milk
- 1 cup bread crumbs
- 1 egg
- $\frac{3}{4}$  cup American cheese, grated
- 1 tablespoon butter
- seasonings to taste

Soak bread crumbs in milk for about 5 minutes. Toast the slices of bread. Melt the butter, and add the cheese. When the cheese has melted add the soaked bread crumbs. Season. Mix in the beaten egg. Cook for about 2 minutes and pour over toasted slices of bread.

All these Recipes are for 4 persons.

**FRENCH TOAST**

- 8 slices of bread
- 2 eggs
- 1 cup milk
- $\frac{1}{4}$  cup flour
- fat or butter
- powdered sugar

Mix together eggs, milk and flour and pass through a strainer. Dip slices of bread into the mixture and fry in the fat or butter on both sides in a frying pan. Before serving, sprinkle with powdered sugar.

**GRAPE FLUFF**

- 2 pounds grapes, red or white, rubbed through a sieve
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup cream, whipped

In rubbing the grapes through the sieve, use a sieve which is fine enough to retain the seeds. Mix the sugar with the grape pulp. Fill champagne glasses half full with the mixture. Finish filling the glasses with whipped cream.

**JELLY MERINGUE**

- $\frac{1}{2}$  cup jelly
- 2 whites of egg

Beat together until stiff.

**PEACH CARAMEL DISH**

- 8 peaches, pitted, cut in halves
- 1 cup molasses, boiling
- $\frac{1}{2}$  cup water, boiling
- 2 tablespoons butter
- 1 tablespoon lemon extract

Dilute the molasses with the boiling water. Put peaches in a flat round pudding dish. Pour over them the molasses and water. Place butter on top. Add lemon extract. Bake in hot oven for about 10 minutes. Then serve.

**PEACHES, BAKED**

- 8 peaches
- $\frac{1}{2}$  cup sugar
- 3 cups water
- 1 teaspoon vanilla extract
- 3 tablespoons butter

Boil sugar and water and add the peaches. Let boil for 3 minutes. Remove peaches from the syrup and put them in a baking pan. Add vanilla extract to the syrup, then the butter. Pour into baking pan. Bake in oven for about 6 minutes. Then serve.

All these Recipes are for 4 persons.



**PEANUT BUTTER TOAST**

- $\frac{1}{2}$  cup peanut butter
- $\frac{3}{4}$  cup boiling water
- 4 slices bread,  $\frac{1}{2}$  inch thick
- 3 tablespoons butter

Blend the peanut butter and boiling water together. Toast the slices of bread. Dip the toast into the mixture and fry quickly in the butter in frying pan.

**RASPBERRY AND PEACH DISH**

- 3 cups raspberries, washed
- 6 peaches, pitted, sliced
- 2 cups sugar

Put all ingredients in a sauce pan. Cover. Let cook for about 6 minutes. Cook slowly. Serve hot.

**STRAWBERRY TRIFLE**

- $1\frac{1}{2}$  cups strawberries, washed, picked, passed through  
a sieve
- $\frac{1}{2}$  cup sugar
- 3 egg whites, beaten stiff

Mix the strawberry pulp with the sugar. Fold the beaten whites of egg into the fruit. Serve immediately in glasses or in pudding dish.

**TOMATO RAREBIT**

- 4 slices of bread, toasted
- 4 slices Swiss cheese
- 12 slices tomatoes

Place Swiss cheese on the toast. On top place the sliced tomatoes. Put in hot oven and bake for about 5 minutes. Then serve.

All these Recipes are for 4 persons.

## 15 to 30 Minute Recipes

The preparation and cooking of the dishes for which the recipes are given in this section take from 15 to 30 minutes. There are 300 recipes and they are divided as follows:

Soup Recipes .....	50
Egg Recipes .....	30
Fish Recipes .....	65
Meat and Entree Recipes .....	50
Vegetable Recipes .....	90
Dessert Recipes .....	15
<hr/>	
Total Recipes .....	300

### Soups

#### APPLE AND SPINACH SOUP

- 1½ pounds spinach, washed, chopped not too fine
- 5 apples, peeled, cored, sliced
- 4 tablespoons butter
- 4 cups water
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook slowly for about 20 minutes. Then serve.

#### BEAN (LIMA), CORN AND TOMATO SOUP

- 3 cups lima beans, shelled
- 2 cups corn, off the cob
- 3 tomatoes, or 1 cup canned tomatoes
- 1 tablespoon butter
- 5 cups boiling water
- seasonings to taste

Put all other ingredients together in the boiling water in a stew pan. Boil for about 25 minutes. Then serve.

#### BEAN (STRING) AND ONION SOUP

- 2 cups string beans, strung, cut in small pieces
- 6 onions, peeled, sliced
- 5 cups water
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients, except the milk, in a stew pan. Cover. Let boil for 20 minutes. Add the milk. Boil for 2 minutes. Then serve.

All these Recipes are for 4 persons.

**BEAN (STRING) AND VERMICELLI SOUP**

- 1 cup string beans, strung, cut in pieces
- ½ cup vermicelli, broken in pieces
- 4 cups water
- 2 cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put vermicelli, string beans, water and seasonings in a stew pan. Cook for about 20 minutes. Add the milk and butter. Bring to a boil, and serve.

**BEAN (STRING), ONION AND POTATO SOUP**

- 1 cup string beans, strung, passed through meat chopper
- 1 onion, peeled, chopped fine
- 2 potatoes, peeled, chopped
- 5 cups water
- 1 cup milk
- 2 tablespoons butter
- seasonings to taste

Boil the water and milk together in a stew pan. Add all other ingredients. Cover and let cook slowly for about 15 to 20 minutes. Then serve.

**BREAD AND EGG SOUP**

- 1 cup bread, cut in small pieces
- 3 cups milk, scalded
- 2 cups water, boiling
- 2 eggs, beaten
- 1 tablespoon butter
- seasonings to taste

Boil slowly the bread, milk, water, butter and seasonings together for about 20 minutes. Mash with a whip. Add the soup slowly to the beaten eggs, stirring constantly. Then serve.

**BRUSSELS SPROUT AND MUSHROOM SOUP**

- 1 pound Brussels sprouts, washed, chopped
- ¼ pound mushrooms, washed, sliced
- 2 cups water
- 3 cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**BRUSSELS SPROUT AND NOODLE SOUP**

- ½ pound Brussels sprouts, washed, cleaned
- ½ cup noodles, broken in pieces
- 7 cups water
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Put all ingredients, except the milk, in a kettle. Cover. Cook for about 20 minutes. Add the scalded milk and serve.

**CANTALOUPE CREAM SOUP**

- 2 cantaloupes, peeled, seeded, chopped
- 6 cups thick white sauce (see p. 47)
- 2 tablespoons butter
- seasonings to taste

Make the white sauce, then add cantaloupes, butter, and seasonings. Let cook for about 20 minutes. Pass through large strainer. Then serve.

**CARROT AND CRANBERRY SOUP**

- 5 carrots, large, peeled, sliced
- 1 cup cranberries
- 4 cups water
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Boil together for about 20 minutes. Drain off liquid into a sauce pan. Mash solids with a potato masher. Add the liquid gradually, mix well, bring to a boil, and serve.

**CARROT, ONION AND CABBAGE SOUP**

- 4 carrots, medium size, peeled, sliced
- ½ head cabbage, medium size, washed, shredded
- 4 onions, medium size, peeled, sliced
- 2 tablespoons butter
- 5 cups boiling water
- seasonings to taste

Put seasonings in the boiling water. Add all other ingredients. Boil for about 25 minutes. Then serve.

All these Recipes are for 4 persons.

**CARROT, ONION AND STRING BEAN SOUP**

- ½ cup string beans, strung, cut in pieces
- 1 onion, peeled, sliced
- 2 carrots, peeled, sliced
- 6 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for 20 minutes. Then serve.

**CARROT, PEA AND TURNIP SOUP**

- 1 cup green peas, shelled
- 2 carrots, peeled, sliced
- 1 turnip, peeled, sliced
- 6 cups water, boiling
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Pass all vegetables raw through a meat chopper. Put in stew pan with all other ingredients. Cook for about 20 minutes. Then serve.

**CARROT, RICE AND STRING BEAN SOUP**

- 2 carrots, peeled, sliced
- 1 cup string beans, strung, cut in pieces
- ⅓ cup rice, washed
- 3 cups water
- 3 cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 20 minutes. Then serve.

**CAULIFLOWER SOUP**

- 1 cauliflower, cleaned, cut in small pieces
- 4 cups thick white sauce (see p. 47)
- 3 tablespoons butter
- seasonings to taste

Boil cauliflower in salted water for about 20 minutes. Drain off water. Place cauliflower, white sauce, seasonings and butter in a sauce pan and mix together with a whip or potato masher. Let cook for 2 minutes. Then serve.

All these Recipes are for 4 persons.

**CAULIFLOWER AND CELERY SOUP**

- 1 cauliflower, washed, cut in small pieces
- ½ stalk celery, washed, cut in small pieces
- 1 cup milk, scalded
- 4 cups water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 20 minutes. Then serve.

**CELERY AND TOMATO SOUP**

- ½ stalk celery, washed, chopped
- 4 tomatoes, chopped not too fine
- 3 cups water
- 2 cups milk, boiled
- 1 tablespoon butter
- seasonings to taste

Put the chopped celery in a sauce pan with water and seasonings. Let boil for 15 minutes. Add tomatoes and let boil for 5 minutes. Add the boiled milk and the butter. Bring to a boil and let boil for 2 minutes. Serve.

**CELERY, SQUASH AND POTATO SOUP**

- 1 cup squash, peeled, diced small
- 2 potatoes, small, peeled, diced small
- 2 tablespoons celery, washed, chopped
- 6 cups water
- 1 cup milk, scalded
- seasonings to taste

Put all ingredients, except the milk, in a kettle. Cover. Boil for about 20 minutes. Add the scalded milk and serve.

**CLAM AND VERMICELLI SOUP**

- 16 clams, off the shell, chopped not too fine
- ¾ cup vermicelli, broken in pieces
- 1 onion, peeled, chopped fine
- 4 cups water
- 1 cup milk
- 1 tablespoon butter
- seasonings to taste

Put all ingredients together in a stew pan and boil slowly for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**CLAM SOUP, FAMILY STYLE**

- 24 clams, well washed
- 3 tomatoes, chopped
- 2 potatoes, peeled, diced
- 2 onions, peeled, chopped fine
- 2 tablespoons celery, washed, chopped
- 4 cups water
- 6 crackers, reduced to dust
- seasonings to taste

Put clams in a kettle with a little water. Cover. Let cook until open. Strain clam juice through a fine cheese cloth. Place the clam juice and all other ingredients, except the cracker dust, in a kettle. While these are cooking, remove clams from shells and chop them not too fine. Add the clams to the soup. The soup itself must boil for about 20 minutes. Serve in soup plates, and sprinkle with cracker dust.

**CORN AND SALMON SOUP**

- 2 ears of corn, corn removed from cob
- 1 onion, peeled, chopped
- ½ pound salmon, skin and bones removed, meat flaked
- 4 cups water
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Place all ingredients in a stew pan. Cover. Let boil for 20 minutes. Then serve.

**CUCUMBER, RICE AND TOMATO SOUP**

- 2 cucumbers, peeled, seeded, sliced
- ½ cup rice, washed
- 4 tomatoes, chopped
- 5 cups water
- 2 tablespoons butter
- seasonings to taste
- pinch of sugar

Put all ingredients in a stew pan. Cover and cook for about 20 minutes. Then serve. If soup is too thick, add some boiling water.

**CURRY, RICE AND TOMATO SOUP**

- 6 tomatoes, chopped, or 1 pint canned tomatoes
- ½ cup rice, washed
- 2 onions, peeled, sliced
- 1 tablespoon curry powder
- 4 cups water
- 1 tablespoon butter

Put all ingredients together in a sauce pan. Boil for 25 minutes. Then serve.

All these Recipes are for 4 persons.

### LEEK, POTATO AND MILK SOUP

- 6 leeks, washed, cut in pieces
- 2 potatoes, peeled, diced small
- 2 cups milk, scalded
- 4 cups water
- 2 tablespoons butter
- seasonings to taste

Boil the leeks, potatoes, water and seasonings together for about 20 minutes. Add the milk and butter. Bring to a boil. Then serve.

### LETTUCE AND CELERY SOUP

- 1 head lettuce, washed, shredded
- $\frac{1}{2}$  stalk celery, washed, peeled, cut in small pieces
- 3 cups water
- 2 cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients, except milk, in a stew pan. Cover. Boil for 10 minutes. Add the milk. Boil slowly for about 10 minutes. Then serve.

### MUSHROOM SOUP

- $\frac{3}{4}$  pound mushrooms, washed, chopped
- 1 onion, peeled, chopped
- 6 cups thin white sauce (see p. 47)
- 1 cup water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a stew pan. Boil slowly for 20 minutes. Pass through a sieve. Boil for 1 minute. Then serve.

### MUSHROOM AND LOBSTER SOUP

- 1 lobster, boiled, meat removed from shell and cut in small pieces
- $\frac{3}{4}$  pound mushrooms, washed, chopped
- 3 tablespoons butter
- $\frac{1}{3}$  cup cream
- 2 cups milk
- 2 cups water
- seasonings to taste

Place all ingredients together in a stew pan. Cover. Let boil slowly for 15 minutes. Then serve.

All these Recipes are for 4 persons.



**MUSHROOM, WATERCRESS AND RICE SOUP**

- ¼ pound mushrooms, washed, sliced
- 1 bunch watercress, washed, chopped not too fine
- 2 tablespoons rice, washed
- 5 cups water, boiling
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let boil slowly for 25 minutes. Then serve.

**NOODLE, CELERY AND MILK SOUP**

- 1 quart milk
- 2 cups water
- 1 cup noodles, broken in pieces
- ½ cup celery, washed, chopped fine
- 1 onion, peeled, chopped fine
- 2 tablespoons butter
- seasonings to taste

Boil the milk and water together. Add all other ingredients. Let cook for 20 minutes. Then serve.

**OKRA, OYSTER AND CELERY SOUP**

- ½ cup celery, washed, chopped fine
- 12 oysters, off the shell
- ½ cup okra, cut in pieces
- 5 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a stew pan. Cook slowly for 20 minutes. Then serve.

**ONION SOUP (CLEAR)**

- 6 cups boiling water
- 6 onions, large, peeled, sliced
- 2 tablespoons butter
- 4 slices toasted bread, cut in halves
- 1 cup Swiss or Parmesan cheese, grated
- seasonings to taste

Put butter in a frying pan, add the onions and fry until brown. When brown, place onions in a stew pan. Add the boiling water and seasonings. Cover. Let boil for 15 minutes. In each soup plate place 2 pieces of toasted bread. Pour soup into soup plate. Sprinkle with the grated cheese.

All these Recipes are for 4 persons.

**ONION SOUP (THICK)**

- 6 cups boiling water
- 6 onions, large, peeled, sliced
- 3 tablespoons butter
- 2 tablespoons flour
- 1 cup Swiss or Parmesan cheese, grated
- seasonings to taste

Put butter in a frying pan. Add the onions and fry until brown. When brown, add the flour and stir for 1 or 2 minutes. Put in stew pan. Add boiling water and seasonings. Cover. Let boil for 15 minutes. Sprinkle each soup plate with cheese. Pour over it the onion soup. Then serve.

**ONION SOUP WITH MILK**

- 6 onions, peeled, sliced
- 3 cups water
- 2 cups milk
- 3 tablespoons butter
- seasonings to taste

Put in a kettle together the water, onions, butter and seasonings. Cover. Let boil slowly for about 20 minutes. Then add the scalded milk and serve.

**PEA, CARROT AND RICE SOUP**

- 3 cups green peas, shelled
- 2 carrots, peeled, sliced thin
- $\frac{1}{2}$  cup rice, washed
- 6 cups water, boiling
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a stew pan. Let boil for about 20 minutes. Then serve.

**POTATO AND VERMICELLI SOUP**

- 3 potatoes, peeled, diced
- 1 cup vermicelli, broken in pieces
- 4 cups water
- 2 cups milk
- 2 tablespoons butter
- 1 onion, peeled, chopped fine
- seasonings to taste

Put all ingredients together in a stew pan. Bring slowly to a boil. Let boil for about 20 minutes, stirring occasionally with a fork. Then serve.

**All these Recipes are for 4 persons.**

**POTATO, RICE AND MILK SOUP**

- 3 potatoes, peeled, diced
- 1 tablespoon rice, washed
- 3 cups milk, scalded
- 2 cups water, boiling
- 1 tablespoon butter
- seasonings to taste

Mix the boiling water with the milk. Add the potatoes, rice, butter and seasonings. Let boil for about 20 minutes. Then serve.

**POTATO (SWEET) AND BRUSSELS SPROUT SOUP**

- ½ pound Brussels sprouts, washed, cleaned
- 2 sweet potatoes, peeled, sliced thin
- 7 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for about 20 minutes. Then serve.

**POTATO (SWEET) AND CLAM SOUP**

- 24 clams, washed
- 4 sweet potatoes, peeled, diced
- 3 cups milk
- 1 cup water
- 1 onion, peeled, chopped
- 2 tablespoons butter
- seasonings to taste

Put clams, water and onion in a kettle. Cover. Let cook until the clams are open. At the same time boil the milk and add the potatoes, seasonings and butter. Strain the clam juice through a fine cheese cloth. Remove clams from their shells and chop them not too fine. Add clams and clam juice to the potatoes and milk. Finish cooking, about 20 minutes. Then serve.

**RICE, CARROT AND MILK SOUP**

- ½ cup rice, washed
- 4 carrots, peeled, chopped
- 4 cups milk, scalded
- 2 cups water, boiling
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a stew pan. Cook for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**ROLLED OATS, PAPRIKA AND GREEN PEPPER SOUP**

- 1½ cups rolled oats
- 2 green peppers, seeded, cut in medium sized pieces
- 3 cups boiling water
- 3 cups milk, scalded
- 1 tablespoon paprika
- 2 tablespoons butter
- seasonings to taste

Place rolled oats, green peppers, paprika, butter and seasonings in a kettle. Pour over them the scalded milk and the boiling water. Cook uncovered for about 25 minutes. Then serve.

**SORREL AND POTATO SOUP**

- ½ pound sorrel, washed, chopped
- 2 potatoes, peeled, chopped
- 4 cups water, boiling
- 1½ cups milk, scalded
- 1 tablespoon butter
- seasonings to taste

Put all ingredients, except the milk, in a sauce pan. Cover. Let cook slowly for about 20 minutes. Add the milk. Then serve.

**SPINACH AND POTATO SOUP**

- 1 pound spinach, leaves only, washed, chopped
- 4 potatoes, peeled, sliced
- ½ pint milk, boiled
- 2½ cups water
- seasonings to taste

Put spinach, water, seasonings, and potatoes in sauce pan. Boil slowly for about 15 to 18 minutes. Add the boiled milk. Finish cooking, about 5 minutes, and serve.

**TOMATO, GREEN PEPPER AND CELERY SOUP**

- 6 tomatoes, or 1 pint canned tomatoes
- 3 green peppers, seeded, cut in squares
- ½ stalk celery, washed, peeled, chopped
- 6 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Boil for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**TOMATO, SPINACH AND VERMICELLI SOUP**

- 5 tomatoes, chopped
- 3 cups spinach, washed, chopped
- 1½ cups vermicelli, broken
- 5 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let boil slowly for about 20 minutes. Then serve.

**TOMATO, SQUASH AND CELERY SOUP**

- 1 squash, peeled, seeded, sliced
- 4 tomatoes, chopped
- ½ celery stalk, washed, chopped
- 3 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let boil slowly for about 25 minutes. Then serve.

**TOMATO, RHUBARB AND POTATO SOUP**

- 6 tomatoes, sliced
- 1 cup rhubarb, strung or peeled, cut in pieces
- 2 potatoes, peeled, sliced
- 1 cup milk, scalded
- 2 tablespoons butter
- 4 cups water
- seasonings to taste

Put all ingredients together, except the milk, in a kettle. Boil for 20 minutes. Break or mash the solids with a potato masher. Add the scalded milk gradually and bring to a boil. Then serve.

**VEGETABLE AND VERMICELLI SOUP**

- 6 cups water
- 1 cup milk, scalded
- 2 carrots, peeled, sliced
- 2 potatoes, peeled, sliced
- 2 onions, peeled, sliced
- 1 cup celery, washed, chopped
- ½ cup vermicelli, broken in pieces
- 1 tablespoon butter
- seasonings to taste

Put all ingredients together in a kettle. Cover. Let boil slowly for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

### **WATERCRESS AND CARROT SOUP**

- 1 bunch watercress, washed, chopped
- 2 carrots, peeled, sliced
- 5 cups water
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients, except the milk, in a kettle. Cover. Boil for about 20 minutes. Add the scalded milk and serve.

### **WATERCRESS AND MACARONI SOUP**

- 1 cup macaroni, broken in pieces
- 2 cups watercress, washed, chopped
- 1 onion, peeled, chopped fine
- 5 cups water
- 1 cup milk
- 2 tablespoons butter
- seasonings to taste

Boil milk and water together. When boiling, add all other ingredients. Let cook for about 20 minutes. Then serve.

### **WATERCRESS AND SWEET POTATO SOUP**

- 1 bunch watercress, washed, chopped
- 2 sweet potatoes, peeled, diced small
- 1 onion, peeled, diced
- 5 cups water, boiling
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover and cook for about 20 minutes. Then serve.

**All these Recipes are for 4 persons.**

## Eggs

### Fried Eggs

#### FRIED EGGS, SAUSAGES AND SWEET POTATOES

- 8 eggs
- 8 sausages
- 4 sweet potatoes, medium size, peeled, sliced thin
- 3 tablespoons butter
- seasonings to taste

Put butter in frying pan. Season the potatoes and cook them in the frying pan for about 10 minutes. Then add the sausages. Press together slightly and cook for about 10 minutes. This will practically make a cake. Divide the mixture into 4 equal parts. On each part serve 2 fried eggs (see p. 45).

## Hard Boiled Eggs

#### HARD BOILED EGGS, CELERY AND OYSTERS

- 8 eggs
- 1 stalk celery, washed, cut in pieces
- 18 oysters, off the shell
- 1 tablespoon butter
- 2 cups thick white sauce (see p. 47)
- seasonings to taste

Boil the celery in salted water for about 15 minutes. Drain off water. Boil the eggs hard (see p. 45). When hard boiled, shell them under cold water and then slice them. Mix the eggs, oysters, celery, butter and seasonings with the cream sauce while the sauce is hot. Place in baking or pudding dish and bake in hot oven for about 6 minutes.

#### HARD BOILED EGGS, CREAMED WITH ONIONS

- 8 eggs, hard boiled (see p. 45)
- 6 onions, peeled, sliced
- 2 cups thick white sauce (see p. 47)
- seasonings to taste

Boil the sliced onions in salted water for about 20 minutes. Shell the hard boiled eggs and quarter them. Drain off the water from the onions. Place onions, quartered eggs, white sauce and seasonings in a sauce pan. Let cook for about 3 minutes. Then serve.

**All these Recipes are for 4 persons.**

**HARD BOILED EGGS WITH CELERY AND OYSTERS**

- 8 eggs, hard boiled, shelled, sliced (see p. 45)
- $\frac{1}{4}$  stalk celery, washed, cut in small pieces
- 12 oysters, off the shell
- 1 tablespoon butter
- $\frac{1}{3}$  cup cream
- seasonings to taste

Boil the celery in salted water for 18 minutes. Drain off water. Put celery, cream, butter, seasonings, oysters and hard boiled eggs (which have been cooked while celery is cooking) in a sauce pan. Cover. Let cook for about 5 minutes. Then serve.

**HARD BOILED EGGS WITH FINNAN HADDIE**

- 12 eggs, boiled hard, shelled, sliced
- $\frac{1}{2}$  finnan haddie, cut in 3 pieces
- 2 cups milk
- 2 tablespoons butter
- seasonings to taste

Boil the eggs hard (see p. 45). Put finnan haddie, milk, butter and seasonings in a kettle. Boil for about 5 minutes. Remove finnan haddie from milk, and skin, bone and flake it. Put finnan haddie and sliced eggs in a sauce pan. Strain the milk left in the pan over the eggs and finnan haddie. Let cook together for about 3 minutes. Then serve.

**HARD BOILED EGGS WITH HAM AND CHEESE**

- 8 eggs
- 4 slices cooked ham, cut in thin strips
- 1 cup Swiss cheese, grated
- 3 cups thin white sauce (see p. 47)
- 1 tablespoon butter, melted
- seasonings to taste

Boil the eggs hard (see p. 45). When hard boiled, shell them under cold water and slice them. Mix them with the white sauce. Mix ham with the eggs, seasonings and sauce. Place in a baking or pudding dish. Sprinkle on top the grated cheese. Pour the melted butter on the top. Bake in moderate oven for about 10 minutes until a nice brown crust is formed.

**HARD BOILED EGGS WITH TOMATOES**

- 8 eggs, hard boiled (see p. 45)
- 8 tomatoes, chopped
- 1 onion, peeled, chopped fine
- 3 tablespoons butter
- seasonings to taste

Put tomatoes, onion, butter and seasonings in a stew pan. Let cook for about 5 minutes. Shell the eggs and slice them. Add the eggs to the tomatoes and let boil together for about 15 minutes. Then serve.

All these Recipes are for 4 persons.



**HARD BOILED EGGS WITH TOMATOES AND CHEESE**

- 8 eggs, boiled hard (see p. 45), shelled, sliced
- 4 tomatoes, sliced
- $\frac{1}{2}$  cup Swiss cheese, grated
- 1 tablespoon butter
- seasonings to taste

Put tomatoes, cheese, eggs, butter and seasonings in a baking dish. Bake in hot oven for about 6 minutes. Then serve.

**Omelets****OMELETS WITH SHRIMPS AND MUSHROOMS**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 3 shrimps, off the shell, diced
- 3 mushrooms, washed, sliced
- 1 tablespoon butter
- seasonings to taste

Put butter in frying pan with the mushrooms, seasonings and shrimps. Let cook on quick fire for 2 minutes. Pour in the beaten eggs. Make an omelet (see p. 45).

**OMELET WITH SPINACH**

(for 1 person, see p. 88)

- 3 eggs, beaten
- 1 cup spinach
- 1 tablespoon butter
- seasonings to taste

Boil the spinach in salted water for about 18 minutes. Drain off water. Press the spinach tightly between the hands to extract excess water. Chop not too fine. Mix with the eggs and seasonings and make an omelet (see p. 45).

**Poached Eggs****POACHED EGGS, CREAMED WITH CHEESE**

- 8 poached eggs (see p. 45)
- $1\frac{1}{2}$  cups thick cream sauce (see p. 47)
- $\frac{1}{2}$  cup American cheese, grated

Place the poached eggs in individual egg dishes or in a small baking dish. Pour over them the cream sauce. Sprinkle on top with the grated cheese. Bake in hot oven for 2 minutes.

**POACHED EGGS, MEXICAN STYLE**

- 8 poached eggs (see p. 45)
- 4 tablespoons cornmeal
- 4 cups water
- 1 cup milk
- 2 red peppers, seeded, cut in strips
- 2 tablespoons butter
- seasonings to taste

Scald the milk first, then add butter and water and boil together. Add slowly the cornmeal, seasonings and red peppers. Let boil, stirring occasionally, for about 20 minutes. Serve the poached eggs on top of cornmeal.

**POACHED EGGS WITH CALF'S LIVER**

- 8 poached eggs (see p. 45)
- 4 slices calf's liver
- 3 tablespoons butter
- flour
- seasonings to taste

Season the calf's liver. Dredge in flour. Fry calf's liver in butter in a frying pan for about 3 minutes. When calf's liver starts to fry, poach the eggs. Serve 2 poached eggs on each slice of calf's liver.

**POACHED EGGS WITH CREAMED CARROTS**

- 8 poached eggs (see p. 45)
- 3 carrots, peeled, sliced thin
- $\frac{1}{3}$  cup cream
- seasonings to taste

Boil the carrots in salted water for about 15 minutes. Drain off water. Add cream and seasonings. Let cook together for about 4 minutes. Pour over the poached eggs before serving.

**POACHED EGGS WITH GRIDDLE CAKES**

- 8 poached eggs (see p. 45)
- 8 griddle cakes (see p. 415)
- 4 tablespoons butter, melted

Poach the eggs and make the griddle cakes. On each griddle cake place 1 poached egg. Pour over them the melted butter.

**All these Recipes are for 4 persons.**

**POACHED EGGS WITH LETTUCE**

- 8 poached eggs (see p. 45)
- 1 head lettuce, shredded
- 1 cup milk
- 3 tablespoons butter
- seasonings to taste

Put in a stew pan the lettuce, milk, seasonings and butter. Cover. Let cook for about 20 minutes. Serve with poached eggs on top.

**POACHED EGGS WITH LIMA BEANS**

- 8 poached eggs (see p. 45)
- 2 cups lima beans, shelled
- 3 tablespoons butter
- $\frac{1}{4}$  cup cream
- seasonings to taste

Boil lima beans in salted water for about 20 minutes. Drain off water. Put lima beans, butter, cream and seasonings in a sauce pan. Let cook for about 2 minutes. While lima beans are boiling, poach the eggs. On each plate serve lima beans and 2 poached eggs.

**POACHED EGGS WITH OYSTERS**

- 8 poached eggs (see p. 45)
- 16 oysters, off the shell
- 4 tablespoons butter
- seasonings to taste

Poach the eggs. Put oysters, butter and seasonings in a sauce pan. Cover. Let cook for about 4 minutes. Pour over the eggs and serve.

**POACHED EGGS WITH OYSTERS AND HAM**

- 8 poached eggs (see p. 45)
- 2 slices cold ham, chopped not too fine
- 8 oysters, off the shell, cut in halves
- 2 cups thick white sauce (see p. 47)
- seasonings to taste

When the white sauce is done and while still cooking, add the oysters, seasonings and ham. Let cook slowly for about 5 minutes. Pour the mixture over the poached eggs and serve.

All these Recipes are for 4 persons.

**POACHED EGGS WITH PARSLEY AND HAM**

- 8 poached eggs (see p. 45)
- 4 slices ham, cut in match-like strips
- 3 cups medium white sauce (see p. 47)
- 1 tablespoon parsley

When the white sauce is cooked, mix in the parsley and the ham. Pour the mixture over the poached eggs and serve.

**POACHED EGGS WITH PINEAPPLE AND CREAM**

- 8 poached eggs (see p. 45)
- 2 slices pineapple (fresh or canned), chopped
- 4 slices bread, toasted
- 1 cup cream, boiled
- 1 tablespoon butter
- seasonings to taste

Toast the bread. Poach the eggs. Put in a sauce pan the pineapple, butter and seasonings. Add the boiling cream. Let cook for 1 minute. Place 2 poached eggs on each piece of toast. Pour sauce over the poached eggs.

**POACHED EGGS WITH RED CABBAGE AND BACON**

- 8 poached eggs (see p. 45)
- 1 red cabbage, medium size, washed and shredded
- 6 slices bacon, cut in small pieces
- 1 tablespoon butter
- 4 cups boiling water
- seasonings to taste

Put bacon, cabbage, butter and seasonings in the boiling water. Let boil for about 20 minutes. Drain off water. Serve poached eggs on top of the mixture.

**POACHED EGGS WITH RICE AND CHEESE**

- 2 cups rice, washed
- 8 poached eggs (see p. 45)
- 2 cups Swiss cheese, grated
- 1 tablespoon butter, melted
- seasonings to taste

Boil some water with salt. When water is boiling, pour in the rice. Let boil for about 25 minutes. Drain off water. Place the rice back in stew pan, and stir in with a fork the grated cheese until it becomes stringy. Add the melted butter and seasonings. Place rice on a platter. Serve with the poached eggs on top.

All these Recipes are for 4 persons.

**POACHED EGGS WITH TOMATOES AND BANANA**

- 8 poached eggs (see p. 45)
- 4 tomatoes, sliced
- $\frac{1}{3}$  cup water
- 1 banana, peeled, sliced, chopped
- 2 tablespoons butter
- seasonings to taste

Put tomatoes, banana, butter, water, and seasonings in a sauce pan. Cover. Let cook slowly for about 15 minutes. Pour over the eggs before serving.

**Scrambled Eggs****SCRAMBLED EGGS WITH CALF'S BRAINS**

- 12 eggs, beaten
- 1 calf's brain
- 3 tablespoons butter
- seasonings to taste

Boil the calf's brain in salted water for about 15 minutes. Remove from water. Cut in small pieces. Season. Scramble with the eggs (see p. 46) in the butter.

**SCRAMBLED EGGS WITH LETTUCE AND BACON**

- 12 eggs, beaten
- $\frac{1}{2}$  head lettuce, washed, shredded
- 3 slices bacon, chopped
- 3 tablespoons butter
- seasonings to taste

Boil the lettuce in salted water for about 15 minutes. Drain off water. Put bacon, butter and lettuce in a frying pan. Let cook for about 3 minutes. Season the eggs. Pour beaten eggs in frying pan. Scramble together (see p. 46).

**SCRAMBLED EGGS WITH MILK TOAST**

- 12 eggs, beaten
- 4 slices bread, toasted
- $1\frac{1}{2}$  cups milk, scalded
- 3 tablespoons butter
- seasonings to taste

Toast the bread. Place 1 piece of toast on each plate for serving. Pour the scalded milk a little at a time on each piece of toast until toast is moist. Scramble the seasoned eggs in the butter (see p. 46). Put some of the scrambled egg on each piece of toast.

**All these Recipes are for 4 persons.**

**SCRAMBLED EGGS WITH SALT CODFISH**

- 12 eggs, beaten
- 1 cup salt codfish, shredded
- 1½ cups milk
- 3 tablespoons butter
- seasonings to taste

Boil the milk with the codfish slowly for about 15 minutes. By that time the codfish will have absorbed the milk. Scramble with the seasoned eggs (see p. 46) in the butter.

**SCRAMBLED EGGS WITH SAUSAGES AND TOMATOES**

- 12 eggs
- 6 sausages
- 2 tomatoes, chopped
- 3 tablespoons butter
- seasonings to taste

Fry the sausages with the butter in a frying pan for about 5 minutes. When done, remove and slice them. In the same frying pan put the tomatoes with the seasonings. Let cook about 5 minutes. In the meantime beat the eggs. Add the sausages and tomatoes. Then scramble (see p. 46).

**SCRAMBLED EGGS WITH SWEETBREAD**

- 2 pieces sweetbread
- 12 eggs
- 3 tablespoons butter
- seasonings to taste

Boil the sweetbread in salted water for about 20 minutes. Cut in dice. Mix with the beaten eggs and seasonings and scramble together in the butter in the frying pan.

**Fish****BASS (BLACK) WITH CUCUMBERS AND MUSHROOMS**

- 2 black bass
- 2 cucumbers, peeled, cut in halves, seeded, sliced
- ½ pound mushrooms, washed, sliced
- 3 tablespoons butter
- 1 onion, peeled, chopped fine
- ⅓ cup water
- seasonings to taste

Put all ingredients together in a small roasting pan. Bake in moderate oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**BASS (BLACK) WITH LEEKS AND POTATOES**

- 2 filets of black bass, large
- 4 leeks, peeled, cut in pieces
- 5 potatoes, peeled, sliced thin
- 3 tablespoons butter
- $\frac{1}{3}$  cup water
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**BASS (SEA), HOT MARINATED**

- 2 sea bass, medium size
- 3 onions, peeled, sliced thin
- 2 carrots, peeled, sliced thin
- 4 tablespoons butter
- 1 cup water
- $\frac{1}{2}$  cup vinegar
- seasonings to taste

Put sea bass in a baking pan. Arrange onions and carrots around the sea bass. Add water, vinegar, butter and seasonings. Bake in moderate oven for about 20 minutes. Then serve.

**BASS (SEA) WITH CARROTS AND ONIONS**

- 2 sea bass
- 3 carrots, peeled, sliced thin
- 3 onions, peeled, sliced thin
- 3 tablespoons butter
- 2 cups water
- seasonings to taste

Boil quickly the water, carrots, onions, butter and seasonings for about 10 minutes. Put sea bass in a baking dish. Pour over them the carrots and onions with the liquid. Bake in hot oven for about 10 minutes. Then serve.

**BASS (SEA) WITH EGG PLANT AND TOMATOES**

- 1 or 2 sea bass, whole or cut, according to size
- 2 egg plants, peeled, sliced thick
- 6 fresh tomatoes, sliced thick
- 1 cup water
- $\frac{1}{2}$  cup butter
- seasonings to taste

Butter a baking pan. Place the sea bass in the middle. On top and around the sea bass place the sliced tomatoes and the sliced egg plants. Add seasonings, butter and water. Bake in moderate oven for about 25 minutes. Then serve.

**All these Recipes are for 4 persons.**

**BASS (SEA) WITH SHRIMPS AND CREAM**

- 8 filets of sea bass
- $\frac{1}{2}$  cup shrimps, off the shell, cut in pieces
- $\frac{1}{2}$  cup cream, boiled
- 4 tablespoons butter
- seasonings to taste

Put all ingredients in a small baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**BASS (SEA) WITH VINEGAR AND MUSHROOMS**

- 8 filets of sea bass
- 1 pound mushrooms, washed, sliced
- 1 onion, peeled, chopped fine
- 3 tablespoons butter
- $\frac{1}{3}$  cup vinegar
- seasonings to taste

Put all ingredients in a small baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**BASS (STRIPED) WITH ANCHOVIES AND CHEESE**

- 8 filets of striped bass
- $\frac{1}{2}$  cup anchovy filets, chopped
- 2 cups water
- 4 tablespoons butter
- 1 onion, peeled, chopped fine
- $\frac{1}{2}$  cup Swiss cheese, grated
- seasonings to taste

Put striped bass in a greased baking pan. Mix the anchovy filets with the butter, onions, water and seasonings. Pour over the fish. Bake in moderate oven for about 15 minutes. Then sprinkle the fish with the grated cheese. Put back in the oven and cook until the cheese has melted. Then serve.

**BASS (STRIPED) WITH CAPER SAUCE**

- 3 pounds striped bass, cut in 4 pieces
- $\frac{1}{4}$  cup vinegar
- 1 quart water
- 2 cups caper sauce (see p. 46)
- salt to taste

Put striped bass in a baking pan with the salt, vinegar and water. Boil slowly for about 15 minutes. Remove striped bass from water. Place one piece of fish on each plate. Pour over each piece of fish some caper sauce.

All these Recipes are for 4 persons.



**BASS (STRIPED) WITH SHRIMPS AND LETTUCE**

- 4 filets of striped bass
- 1 cup shrimps, off the shell, cut in halves
- 1 head lettuce, washed, shredded
- 1 lemon, juice only
- 3 tablespoons butter
- 1½ cups water
- seasonings to taste

Boil the lettuce in the water for 8 minutes. Put striped bass, shrimps, lemon juice, butter and seasonings in a baking pan. Pour lettuce and water mixture over the fish. Bake in hot oven for about 10 minutes.

**BLUEFISH WITH APPLES AND MUSHROOMS**

- 1 bluefish
- 3 apples, peeled, cored, sliced
- ½ pound mushrooms, washed, sliced
- ⅓ cup water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for about 20 minutes. Then serve.

**BLUEFISH WITH CURRY AND GRAPEFRUIT**

- 4 filets of bluefish
- 2 grapefruit, quartered, flesh only
- 1 tablespoon curry powder
- 3 tablespoons butter
- ¼ cup water
- seasonings to taste

Put all ingredients together in a baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**BLUEFISH WITH SMOKED SALMON**

- 1 bluefish, large
- 1 onion, peeled, chopped fine
- ½ cup smoked salmon, chopped
- 1 cup water
- 3 tablespoons butter
- 1 lemon, juice only
- seasonings to taste

Put bluefish in a buttered baking pan. Season and add butter, water, smoked salmon, onion and lemon juice. Bake in moderate oven for about 20 minutes. Then serve.

**All these Recipes are for 4 persons.**

### BLUEFISH WITH TOMATOES AND EGGS

- 2 large filets of bluefish
- 2 eggs, boiled hard, chopped
- 1 onion, peeled, chopped fine
- 5 tomatoes, chopped fine
- 1 tablespoon butter
- seasonings to taste

Put the bluefish in a small baking pan. Season and add onion, tomatoes and butter. Bake in moderate oven for about 20 minutes. In the meantime, boil the eggs hard, shell and chop them. Before serving the fish, sprinkle with the chopped egg.

### CLAMS, STUFFED

- 24 clams, washed
- 1 tablespoon celery, washed, chopped fine
- 1 onion, peeled, chopped fine
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup bread crumbs
- seasonings to taste

Put clams in a kettle. Cover. Cook them until they are opened. Remove clams from shells and chop them. In a bowl mix the butter, onion, celery, breadcrumbs, seasonings and chopped clams. Mix to a paste. Stuff 24 clamshells with the mixture. Place clams in a baking pan. Bake in hot oven for about 3 minutes. Then serve.

### CLAMS WITH CELERY, CREAMED

- 24 hard clams, off the shell, medium size
- $\frac{1}{2}$  pint cream
- $\frac{1}{2}$  stalk celery, washed, chopped fine
- 1 tablespoon butter
- seasonings to taste

Boil celery in salted water for about 15 minutes. Drain off water. Place in sauce pan the clams, cream, celery, butter and seasonings. Put cover on sauce pan and let cook for about 10 minutes. Then serve.

### CODFISH WITH CELERY AND CARROTS

- $2\frac{1}{2}$  pounds codfish, cut in 4 pieces
- $\frac{1}{2}$  stalk celery, washed, chopped fine
- 2 carrots, peeled, chopped fine
- 4 tablespoons butter
- 3 cups water
- seasonings to taste

Cook the celery and carrots together in the water with the seasonings and the butter for about 10 minutes. Put slices of codfish in a small baking pan. Pour over them the carrot and celery mixture. Bake in moderate oven for about 10 minutes. Then serve.

All these Recipes are for 4 persons.

**CODFISH WITH PAPRIKA, CURRY AND MUSHROOMS**

- 2 pounds codfish, cut in two pieces
- $\frac{1}{2}$  pound mushrooms, washed, sliced
- $\frac{1}{2}$  tablespoon paprika
- $\frac{1}{2}$  tablespoon curry powder
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a small baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**CODFISH WITH SPAGHETTI**

- 2 pounds codfish, cut in 4 slices
- 2 cups spaghetti, broken in pieces
- 3 tablespoons butter
- 1 teaspoon paprika
- $\frac{1}{3}$  cup water
- 1 lemon, juice only
- seasonings to taste

Boil the spaghetti in salted water for about 15 minutes. Drain off water. Put codfish, seasonings, butter, paprika and water in a baking pan. Arrange spaghetti around the codfish. Bake in hot oven for about 10 minutes. Just before serving, add the lemon juice.

**CODFISH (SALT) WITH NOODLES**

- 3 cups salt codfish, shredded
- 3 cups noodles, broken in pieces
- $1\frac{1}{2}$  cups milk, scalded
- 3 tablespoons butter
- $\frac{1}{2}$  teaspoon pepper (no salt)

Boil the noodles in salted water for about 18 minutes. Drain off water. While noodles are boiling, cook the salt codfish in the milk with the butter for about 6 minutes. Add the pepper. Mix codfish and noodles together. Then serve.

**CRAB MEAT WITH CHEESE AND TOMATOES**

- 3 cups crab meat
- 4 tomatoes, chopped
- 1 onion, peeled, chopped fine
- $\frac{1}{2}$  cup Swiss cheese, grated
- 2 tablespoons butter
- $\frac{1}{4}$  cup water
- seasonings to taste

Put crab meat, tomatoes, water, onion, butter and seasonings in a sauce pan. Cover. Let cook very slowly for about 20 minutes. Add gradually the grated cheese, mixing with a fork. Then serve.

All these Recipes are for 4 persons.

**CRAB MEAT WITH SWEET POTATOES AND CREAM**

- 4 sweet potatoes, peeled, diced medium size
- 2 cups crab meat
- $\frac{3}{4}$  cup cream
- 1 tablespoon butter
- seasonings to taste

Boil the diced sweet potatoes in salted water for about 20 minutes. Drain off water. Add crab meat, cream, butter and seasonings. Cook for about 3 minutes, stirring gently while cooking. Then serve.

**FINNAN HADDIE HASH**

- 1 finnan haddie
- 1 quart water
- 4 tablespoons butter
- 2 green peppers, seeded, cut in pieces
- 1 red pepper, seeded, cut in pieces
- seasonings to taste

Boil the finnan haddie in the water for about 10 minutes. Remove finnan haddie from water. Skin, bone and flake it. Put butter, seasonings and green and red peppers in a stew pan. Cover. Let cook for about 5 minutes. Then serve.

**FINNAN HADDIE WITH CREAMED CELERY**

- 1 finnan haddie, cut in 4 pieces
- 1 stalk celery, washed, cut in pieces
- 1 pint cream, boiled
- seasonings to taste

Boil the celery in salted water for about 20 minutes. Drain off water. While celery is boiling, boil finnan haddie in water for about 6 minutes. Remove finnan haddie from water, and skin and bone it. Put finnan haddie, celery, cream and seasonings in a sauce pan. Let cook for 5 minutes. Then serve.

**FISH POT**

- 12 oysters, off the shell
- 12 clams, off the shell
- 1 sea bass, cut in 4 pieces
- $\frac{1}{2}$  pound salmon, cut in pieces not too small
- $\frac{1}{2}$  cup shrimps, off the shell
- 2 onions, peeled, sliced
- 2 tomatoes, chopped
- 3 potatoes, peeled, sliced
- $\frac{1}{2}$  cup water
- 3 tablespoons butter
- seasonings to taste

Place all ingredients in a stew pan. Cover and let cook slowly for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**FROGS' LEGS WITH MUSHROOMS AND GREEN PEPPERS**

- 1½ pounds frogs' legs
- ½ pound mushrooms, washed, quartered
- 3 green peppers, seeded, cut in pieces
- 4 tablespoons butter
- flour
- seasonings to taste

Dredge frogs' legs with flour. Put frogs' legs and other ingredients in a sauce pan. Cover. Let cook slowly for about 18 minutes. Then serve.

**FROGS' LEGS WITH TOMATOES AND RICE**

- 1½ pounds frogs' legs
- 4 tomatoes, chopped
- ½ cup rice, washed
- 2 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover and let cook for about 25 minutes. Then serve.

**HALIBUT WITH ALL HERBS SAUCE**

- 2½ pounds halibut, cut in two pieces
- 1 onion, peeled, chopped fine
- 1 cup water
- ½ cup butter
- ½ cup parsley and chives, chopped
- ½ teaspoon lemon juice
- seasonings to taste

Put halibut in a baking pan and add all other ingredients. Bake slowly in moderate oven for about 20 minutes. Then serve.

**HALIBUT WITH ANCHOVIES**

- 1½ pounds halibut
- 8 filets of anchovy, chopped fine
- 3 tablespoons butter
- ½ lemon, juice only
- ½ cup water
- seasonings to taste

Butter a baking dish. Mix anchovy with the butter. Place halibut in baking dish. Pour the water over it, and add lemon juice, butter and seasonings. Bake in oven for about 25 minutes.

All these Recipes are for 4 persons.

### HALIBUT WITH CARROTS AND LEEKS

- 2½ pounds halibut, cut in 2 pieces
- 5 carrots, peeled, sliced thin
- 1 onion, peeled, sliced
- 3 leeks, washed, cut in pieces
- 1 cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for 20 to 25 minutes. Then serve.

### HALIBUT WITH HORSERADISH

- 2 pounds halibut, cut in 2 pieces
- 1 cup horseradish, fresh if possible, grated
- 1 onion, peeled, chopped
- 3 tablespoons butter
- ⅓ cup water
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for 20 minutes. Then serve.

### HALIBUT WITH OLIVES AND EGG PLANT

- 2 pounds halibut, in 2 pieces
- 1 egg plant, peeled, sliced thin
- 1 cup olives, green, pitted, chopped
- 3 tablespoons butter
- 1 onion, peeled, chopped fine
- ¼ cup water
- seasonings to taste

Put the halibut in a buttered roasting pan. Cover with the egg plant. Season. Pour the water in the pan. Add the butter cut in small pieces, the onion and olives. Bake in moderate oven for about 20 minutes. Then serve.

### HALIBUT WITH ORANGES, BAKED

- 2½ pounds halibut, cut in 4 pieces
- 6 oranges, peeled, sliced or quartered
- 4 tablespoons butter
- ½ onion, peeled, chopped fine
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

### HALIBUT WITH WATERMELON

- 2½ pounds halibut, cut in 2 pieces
- 2 onions, peeled, sliced
- slices of watermelon, peeled, seeded
- 1 lemon, juice only
- 3 tablespoons butter
- ½ cup water
- seasonings to taste

Place halibut in buttered baking pan. Season. Cover with the watermelon slices, onions and butter. Add the water and lemon juice. Bake in moderate oven for about 20 minutes. Then serve.

### KINGFISH WITH CELERY AND ORANGES

- 4 kingfish, medium size
- ½ cup celery, washed, chopped fine
- 1 onion, peeled, chopped fine
- 2 oranges, peeled, quartered
- 3 tablespoons butter
- ⅓ cup water
- seasonings to taste

Put all ingredients in a small baking pan and bake in moderate oven for about 20 minutes. Then serve.

### LOBSTER PEPPER POT

- 2 lobsters, meat only, cut thick
- 4 green peppers, seeded, cut in pieces
- 5 potatoes, peeled, sliced
- 2 tomatoes, sliced
- 2 cups water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Cook slowly for about 20 minutes. Then serve.

### LOBSTERS STUFFED WITH OYSTERS

- 2 lobsters, boiled
- 18 oysters
- 1 cup thick white sauce (see p. 47)
- ½ cup bread crumbs
- seasonings to taste

Cut lobsters in halves. Remove meat and cut in small pieces. Chop oysters. Cook oysters in the white sauce, with the seasonings, for about 2 minutes. Add the lobster meat and the bread crumbs. Fill each lobster shell with the mixture. Put lobster shells in baking pan. Bake in hot oven for about 8 to 10 minutes. Then serve.

All these Recipes are for 4 persons.

**LOBSTER WITH CORN**

- 1 lobster, meat removed from shell and cut in dice
- 4 ears corn, corn removed from cob
- 1 cup thick white sauce (see p. 47)
- 1 cup water
- 2 cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil corn, milk, seasonings, butter and water together for about 15 minutes. Add the white sauce and the lobster. Let cook for 5 minutes. Then serve.

**LOBSTER WITH RICE AND CURRY**

- 1 onion, small, peeled, chopped
- 1 lobster, boiled
- 3 cups water
- 2 cups rice, washed
- 1 tablespoon curry powder
- 1 tablespoon butter
- 1 teaspoon salt

Remove lobster meat from shell, claws included. Cut lobster meat in cubes not too small. Put in sauce pan onion, lobster, rice, curry powder, butter, salt and water. Put cover on sauce pan. Let boil slowly for about 25 minutes.

**MACKEREL WITH POTATOES AND TOMATOES**

- 2 mackerel
- 5 potatoes, peeled, sliced
- 3 tomatoes, sliced
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**SALMON AND OYSTER PUDDING**

- 2 pounds salmon, cut in 4 slices
- 24 oysters, off the shell
- 1½ cups bread crumbs
- 1½ cups milk, scalded
- 3 tablespoons butter
- seasonings to taste

Mix all ingredients together in a baking dish. Bake in moderate oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.



**SALMON AND OYSTERS WITH SWEET POTATOES**

- 2½ pounds salmon, in 2 pieces
- 4 sweet potatoes, peeled, diced
- 18 oysters
- ½ cup butter
- 1 cup water
- seasonings to taste

Butter a baking pan. Place the pieces of salmon in the middle and arrange all around them the diced sweet potatoes. Season and add the water and butter. Bake in moderate oven for about 15 minutes. Put the oysters on top of the sweet potatoes. Put back in the oven and bake for about 10 minutes. The juice of the salmon will combine with the water, oyster juice and butter. This will make the sauce.

**SALMON WITH CELERY AND ANCHOVIES**

- 2½ pounds salmon, cut in 4 slices
- ½ stalk celery, washed, chopped fine
- ¼ cup anchovy filets, chopped
- 3 tablespoons butter
- 1 onion, peeled, chopped fine
- ½ cup water
- seasonings to taste

Boil celery in salted water for about 5 minutes. Drain off water. Put salmon in a buttered baking pan. Season. Add the water, butter, celery, onion and anchovies. Bake in moderate oven for about 20 minutes. Then serve.

**SALMON WITH CREAM AND OLIVES**

- 2½ pounds salmon, cut in 4 pieces
- ⅔ cup olives, green or ripe, pitted, chopped
- 1 cup cream
- ½ cup water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a baking pan. Cook in moderate oven for about 20 minutes. Then serve.

**SALMON WITH PINEAPPLE AND CREAM**

- 2½ pounds salmon, cut in 4 pieces
- 4 slices pineapple, fresh or canned, chopped
- ½ cup cream, boiled
- 4 tablespoons butter
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

### SALMON WITH SWEET POTATOES

- 2 pounds salmon, cut in 2 pieces
- 6 sweet potatoes, peeled, sliced thin
- 4 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a small baking pan. Bake in moderate oven for about 20 minutes. Then serve.

### SALMON WITH TOMATOES AND BREAD CRUMBS

- 2 pounds salmon, cut in 2 pieces
- 6 tomatoes, sliced
- 1 onion, peeled, chopped fine
- 1 cup water
- 3 tablespoons butter
- 1 cup bread crumbs
- seasonings to taste

Put salmon in a buttered baking dish or pan. Season and add the onion, water and butter. Arrange the slices of tomatoes on top. Sprinkle the tomatoes with the bread crumbs. Bake in moderate oven for about 25 minutes.

### SCALLOPS WITH CARROTS AND CREAM

- 3 cups scallops
- 3 carrots, peeled, sliced
- $\frac{1}{2}$  cup cream
- 1 tablespoon butter
- seasonings to taste

Boil the carrots in salted water for about 20 minutes. Drain off water. Add scallops, butter, cream and seasonings. Cover. Let cook for about 8 minutes. Then serve.

### SEA FOOD STEW

- 1 lobster, meat cut in small pieces
- 12 oysters, off the shell
- $\frac{1}{2}$  cup crab meat
- $\frac{1}{2}$  pound mushrooms, washed, quartered
- 2 cups thick white sauce (see p. 47)
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a sauce pan. Cover and let cook slowly for about 15 minutes, stirring occasionally. Then serve.

All these Recipes are for 4 persons.

**SHAD ROE WITH MILK AND BACON, BAKED**

- 2 shad roes
- 2 cups milk, scalded
- 1 cup water
- 8 slices bacon
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for about 25 minutes. Then serve.

**SHAD ROE WITH POTATOES AND BACON**

- 2 shad roes
- 8 potatoes, peeled, sliced
- 8 slices bacon
- $\frac{1}{4}$  cup water
- 2 tablespoons butter
- seasonings to taste

Put in a small buttered baking pan the shad roes. Cover them with the slices of bacon. Put potatoes, butter and seasonings on top of the bacon. Add the water. Place in moderate oven and bake for about 25 minutes. Then serve.

**SHAD ROE WITH POTATOES AND GREEN PEPPERS**

- 2 shad roes
- 6 potatoes, peeled, sliced
- 4 green peppers, seeded, cut in pieces
- 2 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a small baking pan. Bake in hot oven for about 20 minutes. Then serve.

**SMELTS WITH MUSHROOMS AND TOMATOES**

- 12 smelts, heads cut off
- 3 tomatoes, sliced
- $\frac{3}{4}$  pound mushrooms, washed, sliced
- 3 tablespoons butter
- 1 lemon, juice only
- seasonings to taste

Put all ingredients in a small buttered baking pan. Bake in moderate oven for about 18 minutes. Then serve.

All these Recipes are for 4 persons.

**TROUT (BROOK) STUFFED WITH ANCHOVIES**

- 4 brook trout
- $\frac{1}{2}$  cup anchovies, chopped
- 1 cup bread crumbs
- 4 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Cut open the trout on the under side. Mix anchovies with the butter, and with a fork work into the mixture the bread crumbs. Stuff trout with the bread crumb mixture. Press each trout into original shape. Put trout in a baking pan. Season, add the water, and bake in moderate oven for about 15 to 20 minutes. Then serve.

**TROUT (BROOK) WITH FRENCH DRESSING, BAKED**

- 4 brook trout
- 2 cups French dressing (see p. 49)
- $\frac{1}{3}$  cup water
- 2 tablespoons butter
- 1 egg, hard boiled, chopped

Place trout in a baking pan. Pour over them the water and French dressing. Bake in moderate oven for about 10 minutes. Add the chopped hard boiled egg and the butter. Bake 5 minutes longer until egg and butter are made part of the sauce. Serve hot.

**TROUT (LAKE) WITH BANANAS AND VINEGAR, BAKED**

- 2 $\frac{1}{2}$  pounds lake trout, cut in 4 pieces
- 4 bananas, peeled, sliced thick
- $\frac{1}{2}$  cup vinegar
- 4 tablespoons butter
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**TROUT (LAKE) WITH VINEGAR, ONIONS AND PARSLEY**

- 3 pounds lake trout, in filets or in steaks
- 2 onions, peeled, chopped fine
- 4 tablespoons butter
- $\frac{3}{4}$  cup water
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for 20 minutes. Then serve.

All these Recipes are for 4 persons.

**TROUT (SEA) WITH EGG PLANT**

- 2½ pounds sea trout, cut in 4 pieces
- 2 egg plants, peeled, quartered, sliced
- 4 tablespoons butter
- 1 cup water
- seasonings to taste

Put all ingredients in a buttered baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**WEAKFISH AND OYSTERS, PICKLED**

- 8 filets of weakfish
- 16 oysters, off the shell
- 1 onion, peeled, chopped fine
- 2 tomatoes, chopped
- ½ cup vinegar
- 3 tablespoons butter
- seasonings to taste

Put weakfish in a buttered baking pan. Add tomatoes, onions, oysters, vinegar, butter and seasonings. Bake slowly in moderate oven for about 20 minutes. Then serve.

**WEAKFISH WITH CHIVES AND CUCUMBERS**

- 4 filets of weakfish
- 1 tablespoon chives, washed, chopped
- 2 cucumbers, large, peeled, cut in halves lengthwise, seeded
- ⅓ cup water
- 4 tablespoons butter
- seasonings to taste

Boil the half cucumbers in unsalted water for 3 minutes. Remove from water. Put weakfish in a buttered baking pan. On each filet place one of the half cucumbers. Season. Add the chives, butter and water. Bake in moderate oven for about 20 minutes. Then serve.

**WHITEFISH WITH CELERY AND LETTUCE**

- 8 filets of whitefish
- 1 stalk celery, washed, cut in pieces
- ½ head lettuce, washed, shredded
- 4 tablespoons butter
- 1 cup water
- seasonings to taste

Boil lettuce, celery, butter and seasonings in the water for about 15 minutes. Put whitefish in a baking dish and pour over it the lettuce mixture. Bake in moderate oven for about 10 minutes. Then serve.

**All these Recipes are for 4 persons.**

**WHITEFISH WITH CHEESE AND OLIVES**

- 2 pounds whitefish, sliced in filets
- $\frac{1}{2}$  cup olives, pitted, sliced
- 1 onion, small, peeled, chopped
- 4 tablespoons butter
- $\frac{1}{2}$  cup water
- 1 lemon, juice only
- $\frac{1}{2}$  cup Swiss cheese, grated
- seasonings to taste

Put all ingredients, except the cheese, in a small baking pan. Bake in moderate oven for about 15 to 20 minutes. Remove fish from pan with a pancake turner and place on a platter. Turn the sauce which remains in the baking pan into a sauce pan and boil for 1 minute. Remove from fire and slowly add the cheese, stirring constantly. Pour sauce over the fish and serve.

**WHITEFISH WITH ENDIVES AND TOMATOES**

- 2 $\frac{1}{2}$  pounds whitefish, cut in filets
- 4 endives, washed, cut in pieces
- 3 tomatoes, sliced
- 3 tablespoons butter
- seasonings to taste

Boil the endives in salted water for about 10 minutes. Drain off water. Put whitefish in a small buttered baking dish. Season. Add the endives, tomatoes and butter. Bake in hot oven for about 15 minutes. Then serve.

**WHITEFISH WITH GRAPES AND MUSHROOMS**

- 2 $\frac{1}{2}$  pounds whitefish, cut in 2 pieces
- 1 cup grapes, red or white, stemmed
- 1 pound mushrooms, washed, sliced
- 4 tablespoons butter
- seasonings to taste

Put all ingredients in a small baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**WHITEFISH WITH VINEGAR AND APPLES**

- 4 filets of whitefish
- 4 apples, peeled, cored, sliced
- $\frac{1}{2}$  cup water
- $\frac{1}{3}$  cup vinegar
- 4 tablespoons butter
- seasonings to taste

Put all ingredients in a small baking pan. Bake in moderate oven for 20 minutes. Then serve.

All these Recipes are for 4 persons.

## Meats and Entrees

### BEEF KIDNEYS WITH ONIONS AND SQUASH

- 2 beef kidneys, cut in halves
- $\frac{1}{2}$  squash, peeled, cut in quarters, seeded, sliced
- 3 onions, peeled, sliced
- $\frac{1}{2}$  cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a roasting pan. Cook in moderate oven for 20 to 25 minutes. Then serve.

### BEEF TENDERLOIN WITH CARROTS AND PARSLEY

- 2 pounds beef tenderloin, cut in thin pieces
- 8 carrots, peeled, cut in thin slices
- 4 tablespoons butter
- $\frac{1}{3}$  cup parsley, chopped
- seasonings to taste

Fry in butter in separate frying pans the tenderloin and the carrots. Fry them slowly. Mix together, add chopped parsley and seasonings, and serve.

### BEEF TENDERLOIN WITH CURRY

- 2 pounds beef tenderloin, cut in thin slices
- 2 onions, chopped fine
- 1 tablespoon curry powder
- 3 tablespoons butter
- 1 cup water
- seasonings to taste

Fry the pieces of tenderloin quickly in a frying pan. Remove the beef from frying pan with a skimmer. Put butter in the frying pan and brown the chopped onions. Add the curry powder, water and seasonings. Let boil quickly for about 3 minutes. Take frying pan off the fire. Put the beef back in the frying pan and mix with the sauce. Then serve.

### BEEF TENDERLOIN WITH SPAGHETTI

- $1\frac{1}{2}$  pounds beef tenderloin, cut in thin pieces
- 2 cups spaghetti, broken in pieces
- 4 tablespoons butter
- 1 onion, peeled, chopped fine
- seasonings to taste

Boil the spaghetti in salted water for about 18 minutes. Drain off water. In a frying pan put the butter. When butter is foaming, fry quickly the tenderloin and onion for about 4 minutes. Add the spaghetti and the seasonings. Mix well together and serve.

All these Recipes are for 4 persons.

**CALF'S BRAINS AND BACON**

- 2 calf's brains
- 8 slices bacon
- seasonings to taste

Boil the calf's brains in salted water for about 15 minutes. Cut brains in halves and season. Put brains in a baking pan. Place 2 slices of bacon on each half brain. Put in hot oven and let cook for about 5 minutes. Then serve.

**CALF'S LIVER PANCAKE**

- 1 $\frac{3}{4}$  pounds calf's liver, passed through meat chopper
- 5 potatoes, peeled, grated with a grater
- 2 eggs, beaten
- fat or lard or butter
- seasonings to taste

Mix all ingredients together. Drop with a spoon in melted butter, fat or lard in a frying pan. Cook on both sides. Then serve.

**CHICKEN WITH ONIONS AND TOMATOES**

- 2 chickens, broilers, cut in halves
- 8 tomatoes, sliced
- 6 onions, peeled, sliced
- fat
- seasonings to taste

In one frying pan fry the chicken in fat until nicely brown on both sides. This generally requires 20 minutes. In the meantime, in another frying pan brown nicely the onions in fat. Then add the tomatoes and seasonings to the onions and let cook for about 5 minutes together. Put chickens on a platter, and pour over them the tomato and onion mixture. Serve.

**CHICKEN WITH TOMATOES AND BACON, BAKED**

- 2 chickens, broilers, split
- 8 tomatoes, cut in halves
- 8 slices bacon
- fat
- seasonings to taste

Put the fat in a frying pan. Put the chickens in the frying pan, the inside of the chickens touching the bottom of the pan. Let them cook without touching them for about 5 minutes. Remove from pan. Place in a baking pan, skin side up. Place slices of bacon on top of chickens. Above place the tomato halves. Season. Bake in hot oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.



**DUCKS (WILD) WITH SWEET POTATOES**

- 8 wild ducks, small
- 8 sweet potatoes, peeled, sliced thin
- $\frac{1}{3}$  cup molasses
- $\frac{1}{2}$  cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a roasting pan. Cook in hot oven for 20 minutes, basting occasionally. Then serve.

**GRILL PLATE**

- 4 lamb chops
- 4 slices cooked ham
- 8 slices bacon
- 4 tomatoes, cut in halves

Broil all ingredients. On each plate serve 2 slices of tomato, 1 lamb chop, 2 slices of bacon and 1 slice of ham.

**HAM WITH CUCUMBERS, BAKED**

- 8 slices cold boiled ham
- 3 cucumbers, peeled, cut in halves, seeded, sliced
- 3 tablespoons butter
- seasonings to taste

Boil the cucumbers in unsalted water for about 6 minutes. Drain off water. Put in a buttered baking dish first one layer of ham and then one layer of cucumbers and repeat, but in such a way that the top layer will be a layer of cucumbers. Add butter and seasonings. Bake in a moderate oven for about 15 minutes. Then serve.

**LAMB BREAST WITH RICE AND SPINACH**

- $2\frac{1}{2}$  pounds breast of lamb
- 1 cup spinach, washed, cleaned
- 1 cup rice, washed
- 1 onion, peeled, chopped fine
- 1 tablespoon butter
- 5 cups water
- seasonings to taste

Season the lamb and roast in moderate oven for about 25 minutes. While the lamb is roasting, put the water, rice, butter, onion and seasonings in a kettle. Cover. Let boil for 10 minutes. Then add the spinach. Finish cooking together, about 10 minutes. Serve breast of lamb on top of rice and spinach.

All these Recipes are for 4 persons.

**LAMB CHOPS WITH CELERY AND POTATOES**

- 8 lamb chops
- 1 stalk celery, leaves and stalk, washed, cut in pieces 1 inch long
- 4 large potatoes, washed, sliced
- 2 tablespoons butter
- seasonings to taste

Boil potatoes and celery in salted water for about 10 minutes. In the meantime fry the lamb chops in the butter. Drain water from celery and potatoes. Season. Put celery and potatoes over the lamb chops. Put frying pan with lamb chops, celery and potatoes in a moderate oven, and bake for about 15 minutes. Then serve.

**LAMB CHOPS WITH CARROTS AND RICE**

- 8 lamb chops
- 6 carrots, peeled, sliced
- 3 tablespoons rice, washed
- 3 cups water
- butter
- seasonings to taste

Put water, carrots, rice and seasonings in a sauce pan. Cover and let cook for 20 minutes. When the rice and carrots are half done, that is, at the end of 10 minutes of cooking, fry the lamb chops in butter. Serve the lamb chops on top of the rice and carrots.

**LAMB CHOPS WITH MASHED CARROTS**

- 8 lamb chops
- 10 carrots, peeled, cut in small pieces
- 2 tablespoons butter
- seasonings to taste

Boil the carrots in salted water for 20 minutes. Drain off water. Pass them through a sieve. Put carrot pulp in a sauce pan, and add seasonings and butter. Place sauce pan on the fire and cook until the butter has melted. While carrots are being prepared, broil the lamb chops. This will require about 10 minutes. Serve chops on the mashed carrots.

**LAMB CHOPS WITH SPAGHETTI**

- 8 lamb chops
- 3 cups spaghetti, broken in pieces
- 4 tablespoons butter
- seasonings to taste

Boil the spaghetti in salted water for about 18 to 20 minutes. Drain off water. Add butter and seasonings. While spaghetti is boiling, broil the lamb chops. This requires about 10 minutes. Serve the lamb chops on top of the spaghetti.

**All these Recipes are for 4 persons.**

**LAMB CHOPS WITH SPINACH AND TOMATOES**

- 8 lamb chops
- 1 pound spinach, washed, cleaned
- 4 tomatoes, sliced thin
- butter
- seasonings to taste

Boil the spinach in salted water for about 10 minutes. Drain off water. Put butter, tomatoes and seasonings in a frying pan. Add the spinach and let cook for about 5 minutes. In the meantime, cook the lamb chops in butter in another frying pan for about 6 minutes. Serve lamb chops on top of the spinach and tomatoes.

**LAMB CHOPS WITH SWEET POTATOES AND MUSHROOMS**

- 8 lamb chops
- 6 sweet potatoes, peeled, sliced thin
- $\frac{1}{2}$  pound mushrooms, washed, quartered
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**LAMB KIDNEYS WITH MUSHROOMS AND VERMICELLI**

- 8 lamb kidneys, sliced
- 2 cups mushrooms, washed, sliced
- 2 cups vermicelli, broken in pieces
- $\frac{1}{2}$  cup butter
- 4 cups boiling water
- seasonings to taste

Pour the vermicelli into the boiling water and cook for about 15 minutes. Drain off water. Put butter in frying pan. Season the sliced lamb kidneys. When butter is foaming, fry quickly the lamb kidneys, stirring all the time. Add the mushrooms and cook for about 5 minutes. Mix in with a fork the vermicelli. Then serve.

**LAMB KIDNEYS WITH SWEET POTATOES**

- 12 lamb kidneys, cut in halves lengthwise
- 8 sweet potatoes, peeled, sliced
- 4 tablespoons butter
- 1 cup water
- seasonings to taste

Put sweet potatoes in a small baking pan. Add the water, butter and seasonings. Bake in moderate oven for about 16 minutes. On top place the lamb kidneys. Finish cooking together, about 8 minutes. Then serve.

All these Recipes are for 4 persons.

**LAMB KIDNEYS WITH TOMATOES**

- 12 lamb kidneys, sliced
- 3 tablespoons butter
- 2 slices bacon, chopped fine
- 1 onion, peeled, chopped fine
- 6 tomatoes, chopped
- 3 tablespoons vinegar
- seasonings to taste

Put in a stew pan the tomatoes, bacon, onion, vinegar and seasonings. Let cook slowly for 20 minutes. Put butter in a frying pan. Put on fire. When nearly brown, add the lamb kidneys. Fry quickly, stirring with a fork. Let fry for about 3 minutes. Pour butter and kidneys into tomato mixture. Remove from fire. Mix well and serve.

**PLOVER (GOLDEN) WITH GRAPES**

- 8 golden plover
- 5 cups grapes, red or white, washed, stemmed
- 2 onions, small, peeled
- $\frac{1}{2}$  cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a roasting pan. Cook in moderate oven for 20 minutes. Remove plover from pan and place them on a platter. Mash the grapes with a fork to make a thin pulp. Pour over the plover and serve.

**PORK CHOPS WITH APPLES AND TOMATOES**

- 4 pork chops, cut thick
- 3 tomatoes, sliced
- 3 apples, peeled, cored, sliced
- 1 tablespoon butter
- seasonings to taste

Season pork chops. Cook in butter on both sides in frying pan for about 15 minutes. Mix tomatoes with sliced apples and season. Put in frying pan over the pork chops. Put frying pan in moderate oven for about 15 minutes, and serve.

**PORK CHOPS WITH CRANBERRIES**

- 8 pork chops
- 2 cups cranberries, washed, picked
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a frying pan. Put frying pan in moderate oven and let bake for 20 minutes. Then serve.

All these Recipes are for 4 persons.

### PORK CHOPS WITH NOODLES

- 8 pork chops
- 4 cups noodles, broken in pieces
- 2 tablespoons butter
- seasonings to taste

Season the pork chops. Put chops and butter in a roasting pan and cook in moderate oven for about 25 minutes. While the chops are cooking, boil the noodles in salted water for about 20 minutes. Drain off water. Place noodles in the roasting pan with the chops. Let cook together for about 5 minutes. Then serve.

### PORK CHOPS WITH ONIONS

- 4 or 8 pork chops
- 8 onions, peeled, sliced
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a small roasting pan. Cook in hot oven for about 20 minutes. Then serve.

### PORK CHOPS WITH ONIONS AND PICKLES

- 8 pork chops
- 2 tablespoons butter
- 4 onions, peeled, chopped fine
- $\frac{1}{2}$  cup pickles, sliced
- 1 tablespoon flour
- $1\frac{1}{2}$  cups water
- seasonings to taste

Fry the pork chops slowly in the butter in a frying pan for about 20 minutes. Remove pork chops from frying pan and place in oven to keep warm. Put onions in the frying pan and fry to a golden brown. Stir in the flour. Add the water, let boil for 3 minutes and season. Pass through a strainer over a sauce pan and add the pickles. Let boil for 2 minutes. Pour over the pork chops.

### PORK CHOPS WITH PINEAPPLE

- 8 pork chops
- 6 slices pineapple, fresh, cored
- 2 tablespoons butter
- seasonings to taste

Season the pork chops. Cook them slowly in the butter in a frying pan. Cook on both sides. This requires about 15 minutes. Cover with the slices of pineapple. Cook for about 8 minutes longer. Then serve.

All these Recipes are for 4 persons.

### PORK CHOPS WITH PINEAPPLE AND SWEET POTATOES, BAKED

- 8 pork chops
- 6 slices pineapple, fresh or canned, cut in small pieces
- 5 sweet potatoes, peeled, sliced
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 20 minutes. Then serve.

### PORK TENDERLOIN, LAMB KIDNEYS AND CELERY

- 1½ pounds pork tenderloin, sliced
- 6 lamb kidneys, sliced
- ½ stalk celery, washed, cut in pieces
- 1 onion, peeled, chopped
- 4 tablespoons butter
- seasonings to taste

Boil the celery in salted water for about 15 minutes. Drain off water. Season pork and kidneys. Fry quickly in the butter in a frying pan for about 6 minutes. Add the celery and onion and mix well. Let cook for 2 to 3 minutes. Then serve.

### PORK TENDERLOIN WITH CELERY ROOTS

- 2½ pounds pork tenderloin, cut in 4 pieces
- 6 celery roots, peeled, sliced
- 1 onion, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Season the tenderloin. Put it in a small roasting pan with the butter. Roast in moderate oven for about 20 minutes. While the pork is cooking, boil the celery roots in salted water for about 15 minutes. Drain off water. Place celery and onion around the pork and finish cooking together, about 5 minutes. Then serve.

### QUAIL WITH APPLES AND CRANBERRIES

- 4 or 8 quail
- 8 apples, peeled, cored, quartered
- 1 cup cranberries, washed, picked
- ½ cup water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a roasting pan. Cook in moderate oven for 20 minutes. Then serve.

All these Recipes are for 4 persons.

**SAUSAGE CAKES WITH TOMATOES**

- 8 sausage cakes
- 6 tomatoes, sliced
- seasonings to taste

Put all ingredients in a frying pan. Place frying pan in moderate oven and let cook for about 20 minutes. Then serve.

**SAUSAGES AND LAMB KIDNEYS WITH POTATOES**

- 8 lamb kidneys
- 8 sausages
- 6 potatoes, peeled, sliced thin
- 2 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a small roasting pan. Cook in moderate oven for about 20 minutes. Then serve.

**SAUSAGES, BAKED WITH POTATOES**

- 4 large potatoes, not peeled, but washed, cut in halves
- 16 small sausages

Place potatoes in roasting pan and bake them for about 15 minutes in moderate oven. At this time the potatoes become a little tender. With a spoon press the middle of the potatoes slightly to form a small cavity. In each cavity place 2 sausages. Put potatoes back into the oven and finish baking about 10 minutes. The juice and fat which drip from the sausages soak into the potatoes and give a pleasant flavor to the potato pulp.

**SAUSAGES WITH MACARONI**

- 16 sausages
- 3 cups macaroni, broken in pieces
- 2 tablespoons butter
- seasonings to taste

Boil the macaroni in salted water for about 20 minutes. Drain off water. When the macaroni is nearly done, cook the sausages in the butter in a large frying pan, for about 5 minutes. Remove sausages from pan, but leave the fat in the pan. Put macaroni and seasonings in the frying pan and stir well with a fork. Serve sausages on top of the macaroni.

**SAUSAGES (GARLIC) WITH TOMATOES AND POTATOES**

- 4 garlic sausages
- 6 tomatoes, sliced
- 3 potatoes, peeled, sliced very thin
- $\frac{1}{3}$  cup water
- seasonings to taste

Put all ingredients in a stew pan. Cover. Cook slowly for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**SQUABS WITH TURNIPS**

- 8 squabs
- 6 turnips, peeled, diced
- 3 tablespoons butter
- seasonings to taste

Season the squabs. Put them with the butter in a roasting pan. Cook in moderate oven for 15 minutes. While they are cooking, boil the turnips in salted water for 10 minutes. Drain off water. Put them with the squabs in the roasting pan. Finish cooking together, about 10 minutes. Then serve.

**SWEETBREAD, SAUSAGES AND TOMATOES**

- 4 pieces sweetbread, cut in halves
- 8 sausages
- 8 tomatoes, cut in halves
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Cook slowly for about 20 minutes. Then serve.

**SWEETBREAD WITH BACON AND CARROTS**

- 4 pieces sweetbread, boiled for 2 minutes, sliced
- 4 carrots, peeled, sliced thin
- 4 slices bacon
- 1 tablespoon butter
- seasonings to taste

Place all ingredients in a small baking dish. Bake in moderate oven for about 20 minutes. Then serve.

**SWEETBREAD WITH TOMATOES**

- 4 pieces sweetbread, boiled for 10 minutes, trimmed
- 4 tomatoes, cut in halves
- 2 tablespoons butter
- seasonings to taste

After the sweetbreads have been boiled, split them open and season. Put butter in frying pan. Fry the sweetbreads slowly on both sides until nicely brown. Add the tomatoes and seasonings. Cover and let cook for about 5 minutes. Then serve.

**VEAL AND HAM STEAK**

- 1½ pounds veal, loin or leg, passed through meat chopper
- 1 pound ham, raw, skin removed, passed through meat chopper
- ½ onion, peeled, chopped fine
- 1 egg
- 1 teaspoon pepper
- 4 tablespoons butter

Mix all ingredients, except the butter, together. Shape in form of a flat round steak. Put butter in a frying pan. When melted put in the steak. Place frying pan in a hot oven and cook for about 20 minutes. Then serve.

All these Recipes are for 4 persons.



**VEAL CUTLETS WITH CELERY ROOTS**

- 4 or 8 veal cutlets
- 8 celery roots, sliced thin
- 1 onion, peeled, quartered
- 4 tablespoons butter
- seasonings to taste

Put veal cutlets and onion in a roasting pan and season them. Add the butter. Cook in moderate oven for about 20 minutes. While veal is cooking, boil the celery roots in salted water for about 10 minutes. Drain off water. Put celery roots in the roasting pan with the veal cutlets. Finish cooking together, about 10 minutes. Then serve.

**VEAL CHOPS WITH BANANAS AND CARROTS, BAKED**

- 8 veal chops
- 4 bananas, peeled, sliced thick
- 4 carrots, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 20 to 25 minutes. Then serve.

**VEAL CHOPS WITH ONIONS AND CREAM**

- 4 veal chops
- 5 onions, peeled, sliced
- 4 tablespoons butter
- 1 cup cream, boiled
- seasonings to taste

Put veal chops, onions, butter and seasonings in a small baking pan. Cook in moderate oven for about 20 minutes. Pour over them the boiling cream. Let cook for about 2 minutes in the oven. Then serve.

**VEAL CHOPS WITH ORANGES AND ONIONS**

- 8 veal chops
- 4 oranges, peeled, sliced
- 8 onions, peeled, sliced
- $\frac{1}{2}$  cup water
- 4 tablespoons butter
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**VEAL ESCALLOPS WITH MUSHROOMS AND PAPRIKA**

- 4 escallops of veal
- 1½ pounds mushrooms, washed
- 4 tablespoons butter
- ¾ tablespoon paprika
- seasonings to taste

Put all ingredients in a frying pan. Cook very slowly for 20 minutes. Then serve.

**VEAL KIDNEYS WITH MUSTARD AND BACON**

- 2 veal kidneys, cut in halves
- 4 tablespoons butter
- 4 slices bacon, chopped fine
- ½ cup bread crumbs
- 1 onion, small, peeled, chopped
- 1 tablespoon mustard powder
- seasonings to taste

Season the kidneys. Broil them on one side for about 3 minutes. Remove from broiler. Cream the butter with the mustard, onion and seasonings. Add the bread crumbs and bacon. Spread the mixture on the uncooked side of the veal kidneys. Place the kidneys in a baking pan. Cook in moderate oven for about 8 to 10 minutes. Then serve.

**VEAL KIDNEYS WITH POTATOES AND EGG PLANT**

- 4 veal kidneys, cut in halves
- 8 potatoes, peeled, sliced
- 1 egg plant, peeled, diced
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a roasting pan. Cook in moderate oven for about 25 minutes. Then serve.

**VEAL STEW, TOMATOES AND ONIONS**

- 3 pounds veal, leg or loin, cut in thin small slices
- 5 fresh tomatoes, chopped
- 2 onions, peeled, chopped
- ½ cup butter
- seasonings to taste

In one frying pan put half of the butter and fry the veal slowly for about 6 minutes, stirring all the time. Season. In another frying pan, put remainder of butter, tomatoes and onions and let cook slowly for about 15 minutes. Pour the fried veal into the tomato mixture. Do not let boil. Then serve.

**All these Recipes are for 4 persons.**

## Vegetables

### BEANS (LIMA) AND ONIONS

- 4 cups lima beans, shelled
- 3 onions, peeled, sliced
- 4 tablespoons butter
- seasonings to taste

Boil the lima beans in salted water for 20 minutes. Drain off water. While the beans are cooking, put butter and onions in a frying pan. Let cook for 15 minutes, stirring occasionally. Put lima beans and seasonings in the frying pan with the onions. Mix well. Let cook for 3 minutes together. Then serve.

### BEANS (LIMA) AND POTATOES

- 3 cups lima beans, shelled
- 4 potatoes, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Pour in enough water just to cover. Place cover on stew pan. Let cook for about 25 minutes. Then serve.

### BEANS (LIMA) AND VERMICELLI

- 2 cups lima beans, shelled
- 2 cups vermicelli, broken in pieces
- 4 tablespoons butter
- seasonings to taste

Boil separately in salted water the lima beans for 25 minutes, and the vermicelli for 15 minutes. Drain off water. Mix together with a fork, add the butter and seasonings, and serve.

### BEANS (LIMA), RICE AND MILK

- 1½ cups lima beans, shelled
- ¾ cup rice, washed
- 4 cups water
- 1½ cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients, except the milk, in a kettle. Cover. Let cook for about 15 minutes. Then add the scalded milk. Let cook together for about 10 minutes. Then serve.

All these Recipes are for 4 persons.

### BEANS (STRING) AND POTATOES

- 2 pounds string beans, cut in pieces
- 3 tomatoes
- 3 tablespoons butter
- seasonings to taste

Boil the string beans in plenty of salted water for about 20 minutes. When cooked, drain off water. Slice tomatoes. Put butter in large sauce pan, and add slices of tomato after melting butter. Place string beans and seasonings on top of the tomatoes. Put cover on sauce pan and let cook quickly for about 7 minutes. Stir from time to time to mix string beans with tomatoes, and also to prevent scorching.

### BRUSSELS SPROUTS AND ANCHOVIES

- 2 pounds Brussels Sprouts, washed, cleaned
- 6 anchovy filets, chopped fine
- 4 tablespoons butter
- seasonings to taste

Boil Brussels sprouts in salted water for about 20 minutes. Drain off water. Put butter and anchovies in a stew pan. When butter has melted, put in the Brussels sprouts and seasonings. Cook together for about 1 to 2 minutes. Mix well and serve.

### BRUSSELS SPROUTS AND CARROTS

- 1 pound Brussels sprouts, cleaned, washed, cut in halves
- 5 carrots, peeled, sliced thin
- 2 cups water
- 1 tablespoon butter
- ½ tablespoon sugar
- seasonings to taste

Put all ingredients in a stew pan. Cover. Boil slowly for about 20 minutes. Then serve.

### BRUSSELS SPROUTS AND TOMATOES

- 2 pounds Brussels sprouts, washed, cleaned
- 4 tomatoes, sliced
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a stew pan. Cover with water to 1 inch above top of food materials. Place cover on stew pan. Let cook for 20 minutes. Then serve.

All these Recipes are for 4 persons.

**CARROTS AND ONIONS**

- 6 carrots, large, washed, peeled, sliced
- 3 onions, peeled, sliced
- 2 tablespoons butter
- seasonings to taste

Mix carrots and onions with seasonings. Melt butter in frying pan. Stir in onions and carrots to impregnate them with butter. Place frying pan in moderate oven. Let cook for about 25 minutes. Stir occasionally to prevent scorching at the bottom and browning on top.

**CARROTS, APPLES AND ONIONS**

- 8 carrots, peeled, sliced
- 3 apples, peeled, cored, quartered
- 4 onions, peeled, sliced thin
- 2 tablespoons butter
- water
- seasonings to taste

Put carrots, onions, apples, butter and seasonings in a sauce pan. Pour in enough water just to cover. Place cover on sauce pan. Cook slowly for about 20 minutes. Then serve.

**CARROTS, CELERY AND APPLES**

- 6 carrots, peeled, sliced
- $\frac{1}{2}$  stalk celery, washed, cut in pieces
- 4 apples, peeled, cored, quartered
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Add just enough water to cover. Place cover on kettle. Let cook for about 20 minutes. Then serve.

**CAULIFLOWER AND RICE**

- 1 cauliflower, washed, cut in pieces
- 2 cups rice, washed
- 3 tablespoons butter
- seasonings to taste

Boil cauliflower and rice in salted water for about 20 minutes. Drain off water. Add butter and seasonings, mixing with a fork. Then serve.

**CAULIFLOWER AND TOMATOES**

- 1 cauliflower, washed, cut in pieces
- 5 tomatoes, sliced
- 3 tablespoons butter
- seasonings to taste

Boil the cauliflower in salted water for 20 minutes. Drain off water. While cauliflower is cooking, put the butter, tomatoes and seasonings in a frying pan. Let cook for about 5 minutes. Put cauliflower in a stew pan, pour over it the tomatoes and let cook for 1 minute. Then serve.

**All these Recipes are for 4 persons.**

**CAULIFLOWER, CARROTS AND CREAM**

- 1 cauliflower, washed, cut in medium sized pieces
- 6 carrots, peeled, sliced
- 3 cups water
- 1½ cups cream, boiled
- seasonings to taste

Put in a sauce pan the water, seasonings, carrots and cauliflower. Cover. Let cook for about 20 minutes. While carrots and cauliflower are cooking, boil the cream. Drain off excess water from the cauliflower and carrots. Add the cream. Let cook for about 5 minutes. Then serve.

**CAULIFLOWER, MILK AND CHEESE**

- 1 cauliflower, washed, cut in pieces
- 1 cup milk
- 1 tablespoon butter
- ½ cup Swiss cheese, grated
- seasonings to taste

Boil the cauliflower in salted water for about 20 minutes. Drain off water. Boil the milk, cheese and butter together, stirring constantly. Place the cauliflower and seasonings in the cheese mixture. Bring to a boil. Then serve.

**CAULIFLOWER WITH BROWN BUTTER**

- 1 cauliflower, whole, washed
- 1 cup butter
- 1 egg, hard boiled
- ½ cup bread crumbs
- 1 tablespoon parsley, chopped
- seasonings to taste

Boil the cauliflower in salted water for about 20 minutes. Remove from water. Put on a platter. Season the cauliflower. Chop the egg. Put butter, parsley and bread crumbs in a frying pan and allow to become browned. Add the chopped egg. When very hot, pour the mixture onto the cauliflower.

**CELERY AND NOODLES**

- 1 stalk celery, washed, peeled, cut in pieces 1 inch long
- 3 cups noodles
- 3 tablespoons butter
- seasonings to taste

Put celery and noodles in boiling salted water and boil for about 20 minutes. Then drain off water. Put the butter in a sauce pan on fire. When the butter starts to foam, put celery and noodles in the butter and season. Stir gently with a fork to have the butter well distributed. Then serve.

All these Recipes are for 4 persons.

**CELERY AND RHUBARB**

- 1 stalk celery, washed, peeled, cut in medium sized pieces
- 2 cups rhubarb, peeled, diced
- 3 tablespoons butter
- seasonings to taste

Boil the celery in salted water for about 10 minutes. Drain off water. Place in a pudding dish with the rhubarb, butter and seasonings. Bake in hot oven for about 10 minutes. Then serve.

**CELERY BAKED WITH VINEGAR**

- 2 stalks of celery, leaves removed, washed, cut in halves lengthwise
- $\frac{1}{2}$  cup vinegar
- 3 tablespoons butter
- 1 teaspoon sugar

Boil celery in salted water for about 20 minutes. Remove celery from water and put in baking dish. Boil vinegar with sugar and butter. Pour over celery and bake in hot oven for about 10 minutes. Then serve.

**CELERY, CREAM AND HAM, BAKED**

- 2 stalks celery, washed, cut in pieces
- 1 cup cream, boiled
- 4 slices cooked ham, cut in pieces
- seasonings to taste

Boil the celery in salted water for about 15 minutes. Boil the cream while the celery is cooking. Drain off water from celery. Put celery, ham, cream and seasonings in a baking dish. Bake in hot oven for about 6 minutes. Then serve.

**CELERY ROOTS WITH POTATOES, MASHED**

- 6 potatoes, peeled, quartered
- 6 celery roots, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Boil the potatoes and celery roots in salted water for about 20 minutes. Drain off water. Mash with a potato masher. Mix in butter and seasonings. Then serve.

**CHICORY AND CARROTS**

- 4 bunches chicory, washed, cut but not chopped
- 4 carrots, peeled, sliced
- 3 tablespoons butter
- 1 onion, peeled, chopped fine
- seasonings to taste

Boil chicory and carrots in salted water for about 20 minutes. Drain off water. Put butter and onion in frying pan and fry for 2 minutes. Add chicory, carrots and seasonings. Mix with a fork. Let cook for about 3 minutes. Then serve.

All these Recipes are for 4 persons.

### CORN AND NOODLES

- 6 ears corn
- 3 cups noodles, broken in pieces
- 4 tablespoons butter
- seasonings to taste

Boil separately the corn and noodles in salted water for 20 minutes. Drain off water. Scrape corn from cobs. Mix corn and noodles in a stew pan, add butter and seasonings, and serve.

### CORN AND POTATOES, MASHED

- 4 ears corn, off the cob
- 6 potatoes, peeled, cut in pieces
- $\frac{1}{2}$  cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil the potatoes and corn in salted water for 20 minutes. Drain off water. Mash with a potato masher. Add gradually the milk, butter and seasonings. Mix well. Because of the corn, this mixture will not be smooth. Serve.

### CORN WITH BUTTER AND CHEESE

- 5 ears corn, off the cob
- $\frac{1}{2}$  cup American cheese, grated
- 4 tablespoons butter
- seasonings to taste

Boil the corn in salted water for about 20 minutes. Drain off water. Put butter and corn in a sauce pan. Let cook for about 2 minutes. Mix in the grated cheese and seasonings. Then serve.

### CUCUMBERS AND ITALIAN SQUASH

- 4 cucumbers, peeled, sliced
- 4 Italian squashes, peeled, sliced
- 4 tablespoons butter
- 1 tablespoon oil
- seasonings to taste

Put butter and oil in a frying pan. When very hot (not burning), put cucumbers, squash and seasonings in the pan. Let cook slowly for about 15 minutes. Then serve.

All these Recipes are for 4 persons.



**CUCUMBERS AND TOMATOES**

- 4 cucumbers, peeled, sliced
- 6 tomatoes, sliced
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a sauce pan. Cover. Let cook slowly for about 20 minutes. Then serve.

**DANDELIONS AND POTATOES**

- 1 pound dandelions, washed, picked
- 8 potatoes, washed, quartered
- $\frac{1}{2}$  cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil together the dandelions and potatoes in a very little water for about 25 minutes. Drain off water. Mash with a potato masher. Add milk, butter and seasonings. Mix well. Then serve. This dish must be equal in consistency to mashed potatoes.

**EGG PLANT STEW**

- 3 egg plants, peeled, sliced
- 4 tomatoes, sliced
- 1 onion, peeled, chopped
- 2 potatoes, peeled, sliced thin
- 1 cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients together in a kettle. Cover. Let cook slowly for about 20 minutes. Then serve.

**EGG PLANT AND CORN**

- 8 ears corn, off the cob
- 1 egg plant, peeled, diced
- 1 tomato, sliced
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Add just enough water to cover. Place cover on stew pan. Let cook for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

### EGG PLANT AND CUCUMBERS

- 2 egg plants, peeled, sliced thick
- 3 cucumbers, peeled, sliced thick
- 3 tablespoons butter
- seasonings to taste

Put slices of egg plant in a baking pan. On each slice arrange slices of cucumber. Season. On top put pieces of butter. Bake in moderate oven for about 15 minutes. Then serve.

### ENDIVES, CREAM AND CHEESE, BAKED

- 8 endives, washed, cleaned
- 1 cup cream
- 2 tablespoons butter
- $\frac{1}{2}$  cup cheese, grated
- seasonings to taste

Boil the endives in salted water for about 10 minutes. Drain off water. Put endives and butter in a baking dish. Season. Pour over them the cream and sprinkle with the grated cheese. Bake in moderate oven for about 10 minutes. Then serve.

### ENDIVES, TOMATOES AND MUSHROOMS

- 8 endives, washed
- 4 tomatoes, sliced thin
- $\frac{1}{4}$  pound mushrooms, washed, sliced
- 2 tablespoons butter
- seasonings to taste

Boil endives in salted water for about 8 minutes. Remove endives from water. Place in a baking dish and cover with seasonings, tomatoes, mushrooms and butter. Bake in hot oven for about 15 minutes. Then serve.

### LETTUCE AND CAULIFLOWER

- 2 heads lettuce, washed, shredded
- 1 cauliflower, washed, cut in pieces
- 2 tablespoons butter
- water
- seasonings to taste

Put lettuce, cauliflower, butter and seasonings in a sauce pan. Pour in enough water just to cover. Place cover on sauce pan. Cook for about 20 minutes. Then serve.

**All these Recipes are for 4 persons.**

**LETTUCE AND LIMA BEANS**

- 1 head lettuce, washed, shredded
- 3 cups lima beans, shelled
- 1 onion, peeled, chopped fine
- 1 tablespoon butter
- 3 cups water
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Let cook slowly for about 25 minutes. Then serve.

**LETTUCE AND RICE**

- 1 head lettuce, washed, shredded
- 1½ cups rice, washed
- 6 cups water
- 1 onion, peeled, chopped fine
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let boil slowly for about 20 to 25 minutes. Then serve.

**MACARONI AND ITALIAN SQUASH**

- 2 Italian squashes, peeled, sliced
- 3 cups macaroni, broken in pieces
- 2 tablespoons butter
- 1 tablespoon oil
- seasonings to taste

Boil the macaroni in salted water for 18 minutes. Drain off water. While the macaroni is cooking, season the squash. Put butter and oil in a frying pan. When hot, cook the squash for about 6 minutes in the butter and oil. Then add the cooked macaroni. Mix with a fork and serve.

**MACARONI IN CREAM**

- ¾ pound macaroni
- 3 cups cream sauce, hot (see p. 47)
- ½ pint cream
- 2 tablespoons butter
- seasonings to taste

Boil plenty of water, salted. When water is boiling, drop macaroni in a little at a time. Let cook for 20 to 25 minutes. Boil cream and mix with the hot cream sauce. Drain off water from macaroni. Pour the cream sauce on the macaroni, add the butter and season to taste. Then serve.

**All these Recipes are for 4 persons.**

### ONIONS AND POTATOES

- 6 large onions, cut in sixths
- 8 potatoes, peeled, quartered
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients together in a roasting pan, and bake in moderate oven for about 20 to 25 minutes. Then serve.

### ONIONS CREAMED WITH PAPRIKA

- 12 onions, peeled, sliced
- $\frac{1}{2}$  cup cream
- 1 tablespoon paprika
- 2 tablespoons butter
- seasonings to taste

Boil the onions in salted water for about 20 minutes. Drain off water. Add the cream, butter, paprika and seasonings. Let cook for about 3 to 4 minutes. Then serve.

### ONIONS, MUSHROOMS AND MILK

- 6 onions, peeled, sliced
- $\frac{1}{2}$  pound mushrooms, washed, sliced
- 2 cups milk
- 1 cup water
- 1 tablespoon butter
- seasonings to taste

Boil milk and water together. Then add all other ingredients. Cook for about 20 minutes. Then serve.

### PARSNIPS AND SWEET POTATOES, MASHED

- 4 parsnips, peeled, sliced
- 6 sweet potatoes, peeled, sliced
- $\frac{1}{2}$  cup milk, scalded
- 3 tablespoons butter
- seasonings to taste

Boil parsnips and sweet potatoes in salted water for about 20 minutes. Mash well with a potato masher. Add the milk, butter and seasonings. Mix well and serve.

All these Recipes are for 4 persons.

**PEAS AND CELERY, CREAMED**

- 4 cups green peas, shelled
- 2 cups celery, washed, cut in pieces
- 1 cup thick white sauce (see p. 47)
- seasonings to taste

Boil peas in salted water for about 20 minutes. Drain off water. While peas are boiling, boil celery in salted water in another sauce pan for about 15 minutes. Drain off water. During this time make the white sauce. Add celery, peas and seasonings to the sauce. Let simmer for 2 minutes. Then serve.

**PEAS AND CELERY ROOTS, MASHED**

- 4 cups green peas, shelled
- 4 celery roots, peeled, sliced
- $\frac{1}{2}$  cup milk, scalded
- 3 tablespoons butter
- seasonings to taste

Boil peas and celery roots in salted water for 20 minutes. Drain off water. Pass through a sieve. Put pea and celery pulp in a stew pan. Place stew pan on fire. Add slowly the milk, butter and seasonings. Mix well and serve.

**PEPPERS (GREEN) STUFFED WITH CHEESE**

- 8 green peppers
- 1 onion, peeled, chopped fine
- 2 cups American cheese, grated
- 2 slices of bread, cut in small dice
- 2 tablespoons butter
- $\frac{1}{2}$  cup milk
- seasonings to taste

Cut the large end of the green peppers as close as possible to the stem. Put under running cold water. This will loosen up and remove the seeds. Pour milk over the bread, add the butter, onion, cheese and seasonings. Mix well together. Stuff the green peppers with the mixture. Put green peppers in a buttered baking pan. Bake in moderate oven for about 15 minutes. Then serve.

**PEPPERS (GREEN) STUFFED WITH HAM**

- 4 large green peppers
- 6 slices cooked ham, chopped fine
- 1 cup bread crumbs
- 1 egg
- 2 tablespoons water
- seasonings to taste

Cut off the tops of the green peppers. Seed them with a teaspoon. Wash the inside. Mix bread crumbs, egg, water, seasonings and chopped ham together. Press this mixture into each green pepper. Place peppers in a buttered pudding dish with  $\frac{1}{4}$  cup water. Bake in moderate oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**PEPPERS (GREEN) STUFFED WITH OYSTERS**

- 8 green peppers, opened at the top, seeded
- 12 oysters, off the shell, chopped
- 1 onion, small, peeled, chopped
- 1½ cups bread crumbs
- 1 egg
- seasonings to taste

Mix the bread crumbs, chopped oysters, onion, egg and seasonings together. Stuff the green peppers with the mixture. Put the peppers in a baking dish with about ½ cup of water. Bake in moderate oven for about 20 minutes. Then serve.

**PEPPERS (GREEN), VERMICELLI AND TOMATOES**

- 4 green peppers, seeded, cut in pieces
- 4 tomatoes, sliced
- 2 cups vermicelli, broken in pieces
- 3 tablespoons butter
- seasonings to taste

Boil the vermicelli in salted water for about 10 to 15 minutes. Drain off water. Put butter, tomatoes, green peppers and seasonings in a frying pan. Let cook for about 5 minutes. Mix in the vermicelli. Let cook together for about 3 minutes. Then serve.

**PEPPERS (GREEN) WITH RICE**

- 8 green peppers, seeded, cut in pieces
- 1¼ cups rice, washed
- 5 cups water
- 1 onion, peeled, chopped
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 20 to 25 minutes. Then serve.

**POTATO CAKES**

- 6 potatoes, peeled, grated with a grater
- 2 eggs, beaten
- butter or fat
- seasonings to taste

Mix the eggs with the seasonings. Add slowly the grated potatoes and mix well. Put butter or fat in a frying pan. When fat is melted, drop by tablespoonfuls into the pan the potato mixture. Brown on both sides. Then serve.

**All these Recipes are for 4 persons.**

**POTATOES AND BRUSSELS SPROUTS**

- 1 pound Brussels sprouts, cleaned, washed
- 6 potatoes, peeled, quartered
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Boil potatoes and Brussels sprouts in salted water for about 20 minutes. Drain off water. Mash with a potato masher and add milk, butter and seasonings. Beat well. Then serve.

**POTATOES AND MINT**

- 10 potatoes, medium size, washed, peeled, quartered
- 1 tablespoon mint leaves, chopped
- 2 tablespoons butter

Boil potatoes in salted water for about 20 minutes. Melt butter in a sauce pan and add the chopped mint. Drain off water from the potatoes, and pour over them the melted butter and mint. Serve.

**POTATOES AND PAPRIKA**

- 6 potatoes, medium size, washed, peeled, sliced thin
- 2 onions, medium size, peeled, sliced
- 2 tablespoons butter
- $\frac{3}{4}$  cup water
- 2 teaspoons paprika
- $\frac{1}{2}$  teaspoon salt

Mix onions, potatoes, salt and paprika together. Place in baking dish and pour in water. Place butter on top. Bake in moderate oven for 25 minutes.

**POTATOES AND PARSLEY**

- 8 large potatoes, peeled, quartered
- 2 tablespoons parsley, chopped
- 2 cups water
- 3 tablespoons butter
- seasonings to taste

Put in sauce pan potatoes, water, butter, chopped parsley and seasonings. Bring to a boil. Put cover on and boil gently until cooked, about 25 minutes. Then serve.

**POTATOES, APPLES AND ONIONS**

- 8 potatoes, peeled, sliced
- 2 onions, peeled, sliced
- 4 apples, peeled, cored, sliced
- 4 tablespoons butter
- 1 cup water
- seasonings to taste

Put all ingredients in a small baking pan. Bake in moderate oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**POTATOES, DICED, WITH MUSHROOMS**

- 6 potatoes, peeled, diced
- $\frac{1}{2}$  pound mushrooms, washed, sliced
- 5 tablespoons butter
- seasonings to taste

Put the butter in a frying pan. When butter is foaming, put the potatoes in the pan and cook slowly for about 15 minutes, stirring occasionally with a fork. Add the mushrooms and seasonings and cook with the potatoes for about 6 minutes. Then serve.

**POTATOES, MASHED, WITH CHEESE**

- 8 potatoes, peeled, quartered
- 1 cup milk, scalded
- $\frac{1}{2}$  cup Swiss cheese, grated
- 2 tablespoons butter
- seasonings to taste

Boil potatoes in salted water for about 20 minutes. Drain off water and mash potatoes with potato masher. Add gradually scalded milk, butter and seasonings. Mix and beat well, stirring in the cheese. Then serve.

**POTATOES, MASHED, WITH GREEN PEPPERS**

- 8 potatoes, peeled, quartered
- 3 green peppers, seeded, cut in small pieces
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil potatoes in salted water for about 20 minutes. Drain off water. Mash with potato masher. While the potatoes are boiling, boil the green peppers in salted water for about 6 minutes. Drain off water and set aside until potatoes are mashed. After potatoes are mashed, add the scalded milk, butter and seasonings and green peppers. Then serve.

**POTATOES, OLIVES AND PINEAPPLE, BAKED**

- 6 potatoes, medium size, washed, peeled, sliced
- 12 ripe olives, pitted, chopped
- 4 slices pineapple, fresh, cut in medium sized pieces
- 2 tablespoons butter
- $\frac{1}{3}$  cup water
- seasonings to taste

Mix potatoes, olives and pineapple with seasonings together. Place mixture in a baking dish. Put butter on top. Pour the water into baking dish. Bake in moderate oven for about 20 minutes. Then serve.

**All these Recipes are for 4 persons.**



**POTATOES RISSOLEES**

- 10 potatoes, peeled, quartered
- 4 tablespoons butter
- seasonings to taste

Put the potatoes in a stew pan and cover them with water. Bring to a boil. Drain off water. Put butter in a roasting pan and place on fire until melted. Put potatoes and seasonings in the roasting pan. Cook in moderate oven for about 20 minutes. Shake pan from time to time to have the potatoes penetrated on all sides by the butter. Serve.

**POTATOES (SWEET AND WHITE), MASHED**

- 6 white potatoes, peeled, quartered
- 6 sweet potatoes, peeled, quartered
- 2 cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil sweet and white potatoes together in salted water for about 20 minutes. Drain off water. Mash with potato masher. Add slowly the milk, butter and seasonings. Beat well and serve.

**POTATOES (SWEET AND WHITE) AND PINEAPPLE, BAKED**

- 6 white potatoes, peeled, sliced
- 4 sweet potatoes, peeled, sliced
- 2 slices pineapple, fresh or canned, chopped
- 4 tablespoons butter
- 1½ cups water
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for 20 minutes. Then serve.

**POTATOES (SWEET) AND CELERY ROOTS**

- 6 sweet potatoes, peeled, sliced thick
- 4 celery roots, peeled, sliced thin
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil sweet potatoes and celery roots in salted water for about 20 minutes. Drain off water. Mash with a potato masher. Add gradually the milk, butter and seasonings. Then serve.

**POTATOES (SWEET) AND ONIONS**

- 10 sweet potatoes, peeled, sliced
- 4 onions, peeled, sliced
- 4 tablespoons butter
- 1 cup water
- seasonings to taste

Put all ingredients in a small roasting pan. Bake in hot oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**POTATOES (SWEET) AND PEAS**

- 2 cups green peas, shelled
- 6 sweet potatoes, peeled, cut in small pieces
- $\frac{1}{2}$  cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil potatoes and peas in salted water for 20 minutes. Drain off water. Pass through a sieve. Place pulp in a stew pan and put back on fire. Add gradually the milk, butter and seasonings. Mix well and serve.

**POTATOES (SWEET) AND SQUASH**

- 2 squashes, small, peeled, quartered
- 5 sweet potatoes, peeled, quartered
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil together squash and potatoes in salted water for 20 minutes. Drain off water. Mash with a potato masher. Add milk, butter and seasonings. Then serve.

**POTATOES (SWEET), HAM AND MAPLE SYRUP**

- 8 sweet potatoes, peeled, sliced
- 3 slices cooked ham, cut in pieces
- 1 cup maple syrup
- $\frac{1}{2}$  cup water
- 3 tablespoons butter

Put all ingredients in a baking dish. Bake in moderate oven for about 25 minutes. Then serve.

**RICE AND RAISINS**

- $2\frac{1}{2}$  cups rice, washed
- 1 onion, peeled, chopped fine
- 5 cups water
- 2 tablespoons butter
- $\frac{1}{4}$  cup raisins, washed
- seasonings to taste

Put butter in a stew pan. When foaming, add rice and onion. Mix with a fork and season. Add water and raisins. Bring to a boil. Cover. Let cook slowly for about 20 to 23 minutes. Then serve.

All these Recipes are for 4 persons.

**RICE, MUSHROOMS AND BACON**

- $\frac{1}{2}$  pound mushrooms, washed, quartered
- $1\frac{1}{4}$  cups rice, washed
- 4 slices bacon, cut in small pieces
- 1 onion, peeled, chopped
- 5 cups water
- seasonings to taste

Put all ingredients together in a sauce pan. Cover. Let cook slowly for 25 minutes. Then serve.

**SPAGHETTI AND SPINACH**

- 3 cups spaghetti, broken
- 1 pound spinach, washed, cleaned
- 4 tablespoons butter
- seasonings to taste

Boil separately the spaghetti and the spinach in salted water for about 18 minutes. Drain off water. With a fork mix together in a frying pan the butter, seasonings, spinach and spaghetti. During the mixing have the frying pan on a hot fire. After mixing, serve.

**SPAGHETTI, CREAMED WITH CHEESE**

- $\frac{1}{2}$  pound spaghetti
- 1 cup Swiss cheese, grated
- 2 cups thin white sauce (see p. 47)
- 2 tablespoons butter
- seasonings to taste

Boil about 4 quarts of water with salt. When boiling, put the spaghetti in. Let boil for about 20 minutes. Drain off water. Mix with white sauce. Add seasonings, butter and cheese. Mix well with a fork until cheese is melted. Then serve. Make the white sauce while the spaghetti is boiling.

**SPAGHETTI, CUCUMBERS AND EGG PLANT**

- 3 cups spaghetti, broken in pieces
- 2 cucumbers, peeled, sliced
- 1 egg plant, peeled, cut in small pieces
- 4 tablespoons butter
- seasonings to taste

Boil the spaghetti in salted water for about 20 minutes. Drain off water. While spaghetti is boiling, put cucumbers, butter, egg plant and seasonings in a stew pan. Cover. Let cook for about 10 to 15 minutes. When spaghetti is cooked, mix with cucumbers and egg plant, stirring with a fork.

All these Recipes are for 4 persons.

**SPINACH AND LIMA BEANS**

- 1 pound spinach, washed, stemmed
- 3 cups lima beans, shelled
- 2 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let boil slowly for 20 minutes. Then serve.

**SPINACH AND RED PEPPERS**

- 1½ pounds spinach, washed, cleaned
- 4 red peppers, cut in pieces, seeded
- 3 tablespoons butter
- seasonings to taste

Boil the spinach in salted water for about 20 minutes. Drain off water. Eight minutes before the spinach is done, put butter, red peppers and seasonings in another stew pan. Let cook for 8 minutes. Add the spinach, mix together and serve.

**SPINACH AND RICE**

- 1½ pounds spinach, washed
- ¾ cup rice, washed
- 3 cups water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for 20 minutes. Then serve.

**SPINACH, BRUSSELS SPROUTS AND APPLES**

- 1 pound spinach, washed, cleaned
- 1 pound Brussels sprouts, washed, cleaned
- 2 apples, peeled, cored, sliced thin
- 3 tablespoons butter
- seasonings to taste

Boil separately the Brussels sprouts and spinach in salted water for about 15 minutes. Drain off water. Put butter in frying pan with the apples and cook for 3 minutes. Add the seasonings, Brussels sprouts and spinach. Stir and mix well. Then serve.

**SPINACH, CELERY AND SPAGHETTI**

- 2 cups spinach, washed, chopped
- 1 cup celery, washed, cut in small pieces
- 1½ cups spaghetti, broken in pieces
- 4 cups water
- seasonings to taste

Boil water and then add all other ingredients. Cook in covered kettle for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**SPINACH, NOODLES AND RAISINS**

- 1 pound spinach, washed, cleaned
- 2 cups noodles, broken in pieces
- $\frac{1}{2}$  cup raisins, washed
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Fill with water to 1 inch above top of food materials. Place cover on kettle. Let boil for about 20 to 23 minutes. If water is absorbed too quickly during cooking, add a little more boiling water. Then serve.

**SPINACH, TOMATOES AND CORN**

- 1 pound spinach, washed, stemmed
- 4 tomatoes, sliced
- 4 ears corn, corn removed from cob
- 3 cups water
- 2 tablespoons butter
- seasonings to taste

Place all ingredients in a stew pan. Cover. Let cook for about 20 minutes. Then serve.

**SQUASH AND EGG PLANT, BAKED**

- 1 squash, peeled, seeded, quartered, sliced
- 1 egg plant, peeled, sliced thick
- 4 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a roasting pan. Bake in moderate oven for about 20 minutes. Then serve.

**SWISS CHARD, BACON AND ANCHOVIES**

- 2 pounds Swiss chard, washed, cleaned
- 4 slices bacon, cut in pieces
- 6 filets of anchovy
- 1 tablespoon butter
- seasonings to taste

Boil the Swiss chard in salted water for 20 minutes. Drain off water. Put bacon and butter in frying pan. Fry bacon not too crisp. Add chard, seasonings and anchovies. Mix well and serve.

**SWISS CHARD WITH CREAM**

- 2 pounds Swiss chard, washed
- $\frac{2}{3}$  pint cream, boiled
- 2 tablespoons butter
- seasonings to taste

Boil the Swiss chard in plenty of salted water for about 20 minutes. Drain off water. Chop Swiss chard. Put in a stew pan the butter, seasonings, cream and chard. Let cook for 2 minutes. Then serve.

All these Recipes are for 4 persons.

### TOMATO PUDDING

- 6 tomatoes, cut in halves
- 4 eggs
- 1½ cups milk, scalded
- 1 cup bread crumbs
- seasonings to taste

Pour the milk slowly onto the eggs and beat well. Add the bread crumbs and seasonings. Place the sliced tomatoes in a pudding dish. Pour over them the milk, eggs and bread crumb mixture. Bake in moderate oven for about 25 minutes. Then serve.

### TOMATOES AND CELERY, BAKED

- 4 large tomatoes, whole
- ½ stalk celery, washed, peeled, cut in small pieces
- 3 tablespoons butter
- ½ cup water
- seasonings to taste

Place the whole tomatoes in a baking dish with the water and the butter and put in a moderate oven. Bake slowly to prevent cracks in the tomato skins for about 20 minutes. While the tomatoes are baking, boil the celery in salted water for about 15 minutes. Drain off water. Arrange the celery in the baking dish around the tomatoes, add seasonings, and finish baking along with the tomatoes, about 5 to 6 minutes. Then serve.

### TOMATOES AND POTATOES

- 5 good sized potatoes, peeled, sliced ¼ inch thick
- 3 medium sized tomatoes, sliced ¼ inch thick, or  
1½ cups canned tomatoes, solids only
- 1 medium sized onion, sliced ¼ inch thick
- 2 tablespoons butter
- seasonings to taste

Season potatoes, onion and tomatoes with salt and pepper. Place in a buttered baking dish one layer of potato, then one layer of tomato and onion. Repeat until dish is full. Put the butter, cut in small pieces, on top. Bake in moderate oven for about 25 minutes.

### TOMATOES, BREAD CRUMBS AND CHIVES, BAKED

- 8 tomatoes, sliced
- 1½ cups bread crumbs
- 2 tablespoons water
- 3 tablespoons butter
- 1 teaspoon chives, chopped
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**TOMATOES, BREAD CRUMBS AND MUSTARD**

- 8 tomatoes, cut in halves
- 1½ cups bread crumbs
- 1 egg
- 1 tablespoon mustard
- butter, melted
- seasonings to taste

Mix bread crumbs, mustard, seasonings and egg together. On top of each tomato half place with a spoon some of the bread crumb mixture. Add a little melted butter on top. Place tomatoes in a roasting pan. Bake in moderate oven for about 20 minutes. Then serve.

**TOMATOES STUFFED WITH BACON**

- 4 tomatoes, cut in halves
- 8 slices of bacon, chopped

Place the tomatoes in a buttered baking pan. Stuff each half tomato with the chopped bacon. Bake slowly in moderate oven for about 15 to 20 minutes. Then serve.

**TURNIPS AND SPINACH**

- 1½ pounds spinach, washed
- 5 turnips, peeled, sliced
- ½ cup cream, boiled
- 2 tablespoons butter
- seasonings to taste

Boil separately the spinach and turnips in salted water for about 20 minutes. Drain off water. Mix together. Add the cream, butter and seasonings. Mix well with a fork, and let cook together for about 2 minutes. Then serve.

**TURNIPS, CELERY AND TOMATOES**

- 4 turnips, peeled, sliced
- 2 cups celery, washed, chopped
- 4 tomatoes, sliced
- 3 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Cook slowly for about 25 minutes. Then serve.

All these Recipes are for 4 persons.

## Desserts

### APPLE TOAST

- 4 slices bread
- 3 apples, peeled, cored, sliced
- $\frac{1}{2}$  cup sugar
- melted butter

Butter a baking pan. Put the slices of bread in the baking pan. Mix the sugar and melted butter together. Dip each slice of apple in the melted butter. Arrange slices of apple on top of slices of bread. Put baking pan in oven. Let bake for about 10 minutes, or until apple slices are brown and tender. Then serve.

### APPLES AND RAISINS

- 6 apples, peeled, cored, sliced
- 2 cups raisins
- $\frac{1}{2}$  cup butter
- $\frac{1}{3}$  cup water
- 1 teaspoon vanilla extract
- 2 tablespoons sugar

Mix all ingredients together in a baking or pudding dish and bake for 25 minutes in a moderate oven.

### APRICOT DESSERT (QUICK)

- 1 quart apricots (canned), juice and fruit
- $\frac{1}{2}$  cup sugar
- 2 tablespoons gelatine
- water

Soak gelatine in a little cold water for about 3 minutes. Boil apricots, apricot juice and sugar together. Add the dissolved gelatine. Let boil for  $\frac{1}{2}$  minute. Pour into champagne glasses. Cool and serve.

### BREAD AND CHOCOLATE PUDDING

- 2 squares chocolate, grated
- $\frac{1}{4}$  cup sugar
- 4 cups milk, boiled
- 2 cups bread crumbs
- 3 eggs

Melt chocolate with a little water. Soak bread crumbs in milk for about 5 minutes. Mix chocolate, eggs, sugar, milk and bread crumbs together. Turn into a buttered baking dish and bake in moderate oven for about 25 minutes.

All these Recipes are for 4 persons.



**CHEESE AND CORNMEAL PUDDING**

- 1 quart boiling water
- $\frac{1}{2}$  pound cornmeal
- $\frac{1}{2}$  cup milk, scalded
- $\frac{1}{2}$  pound American cheese, grated
- 1 tablespoon salt

Boil the water with the salt. Pour in cornmeal slowly, stirring constantly. Allow to boil 10 minutes. Add the cheese and continue to cook for 10 minutes, until the cheese is entirely melted. Add the milk. Pour into buttered baking dish and brown in the oven.

**CHEESE PUFFS**

- $1\frac{1}{2}$  cups flour
- 1 cup Swiss cheese, grated
- $1\frac{1}{2}$  cups milk
- 2 tablespoons butter
- $\frac{3}{4}$  teaspoon salt
- 3 eggs

Melt butter. Add flour and salt and stir in gradually the milk. Put on slow fire and boil. Add the cheese, stirring until it melts. Remove from fire. Separate eggs. Add the yolks to the mixture. Fold in the beaten whites. Place in buttered pudding dish or bowl, and set in hot water. Bake about 20 minutes.

**CHOCOLATE AND FARINA BLANC MANGE**

- $\frac{1}{2}$  cup farina
- 1 square chocolate, melted
- 3 tablespoons sugar
- 4 cups milk, scalded

Mix farina, sugar and melted chocolate together. Add slowly the milk. Put the mixture in a sauce pan and bring slowly to a boil, stirring constantly. Let cook 2 minutes. Pour into glasses or pudding dish. Serve when cold.

**COFFEE WHIP**

- $\frac{1}{3}$  cup strong coffee, cold
- 3 cups whipped cream
- $\frac{1}{3}$  cup sugar

After the cream has been whipped, add slowly the coffee and the sugar. Beat all the time. Serve in sherbet glasses or champagne glasses.

**All these Recipes are for 4 persons.**

### CORNSTARCH CHOCOLATE PUDDING

- 3 cups milk, scalded
- 4 tablespoons cornstarch
- $\frac{1}{2}$  cup sugar
- $1\frac{1}{2}$  squares chocolate
- 1 teaspoon vanilla

Melt the chocolate with a little water. Mix in the sugar. Add gradually the scalded milk. Dilute the cornstarch with a little cold water. Boil the chocolate, milk and sugar together. While boiling, add gradually the cornstarch. Stir constantly to prevent scorching. Let boil for about 1 minute. Add the vanilla extract. Then pour into cups or glasses. Chill and serve.

### DIXIE PUDDING

- $\frac{1}{2}$  cup butter
- $1\frac{1}{2}$  cups sugar
- 2 tablespoons flour
- 3 eggs, beaten
- 1 cup cream
- 1 teaspoon vanilla extract

Cream the butter and sugar together. Add the flour and vanilla extract. Gradually mix in the eggs and the cream. Pour into a pudding dish. Bake in moderate oven for about 20 minutes.

### GRAPE JUICE JELLY

- 1 quart grape juice
- 1 cup sugar
- $2\frac{1}{2}$  tablespoons gelatine
- water

Dissolve the gelatine in a little cold water. Boil the grape juice and sugar together. When boiling add the gelatine. Let boil for  $\frac{1}{2}$  minute. Pour into champagne glasses. Cool and serve.

### PINEAPPLE, JELLIED

- 2 tablespoons gelatine
- $\frac{1}{4}$  cup cold water
- 2 cups pineapple, chopped
- $\frac{1}{2}$  cup sugar
- 1 lemon, juice only
- 1 cup boiling water

Dissolve gelatine in the cold water. Mix together sugar, pineapple and lemon juice. Add slowly the boiling water to the gelatine, then add the pineapple mixture. Pour into sherbet glasses or glass dish. Put in a cold place or in the ice box. Serve when firm.

All these Recipes are for 4 persons.

**POOR MAN'S DESSERT**

- 12 crackers
- 3 tablespoons jam (any kind, but must be thick)
- 2 egg whites, beaten stiff
- 4 tablespoons sugar

Put some of the jam on each cracker. Add the sugar gradually to the beaten egg whites. This will make a meringue. Cover each cracker with some of the meringue. Place crackers on a pastry sheet. Bake in slow oven for about 4 minutes, or until browned on top.

**TUTTI FRUTTI CUSTARD**

- 1 apricot, pitted, sliced
- 1 peach, pitted, sliced
- 1 apple, peeled, cored, quartered
- 2 cups milk, scalded
- $\frac{3}{4}$  cup sugar
- 2 eggs
- 3 tablespoons flour
- 1 teaspoon vanilla extract

Mix together the flour, sugar, eggs and vanilla extract. Add gradually the scalded milk. Put mixture in a sauce pan and bring slowly to a boil, stirring constantly. Let boil for 1 minute. Remove from fire. With a fork mix in the fruits. Fill champagne glasses with the pudding. Cool and serve.

**VANITIES**

- 3 eggs, separated
- 3 tablespoons sugar
- 1 tablespoon butter, melted
- flour
- fat
- powdered sugar

Mix the yolks of eggs with the sugar and melted butter. Beat the egg whites stiff and fold into the yolk mixture. Add enough flour to make a stiff dough. Roll out on a floured pastry board very thin. Fry in deep fat until brown. Drain and sprinkle with powdered sugar.

All these Recipes are for 4 persons.

## 30 to 45 Minute Recipes

The preparation and cooking of the dishes for which the recipes are given in this section take from 30 to 45 minutes. There are 280 recipes and they are divided as follows:

Soup Recipes .....	45
Fish Recipes .....	25
Meat and Entree Recipes .....	75
Vegetable Recipes .....	95
Dessert Recipes .....	40
Total Recipes .....	<hr/> 280

No Egg Recipes are given in this section, as any egg dish can be cooked in less than thirty minutes.

### Soups

#### ASPARAGUS AND BARLEY SOUP

- 12 asparagus stalks, peeled, cut in small pieces
- 1½ cups barley, washed
- 6 cups water
- 2 cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil the water and add the asparagus, barley and seasonings. Boil for about 35 minutes. Add the milk and butter and cook for about 5 minutes. Then serve.

#### ASPARAGUS, SPINACH AND POTATO SOUP

- 12 asparagus stalks, washed, cut in pieces
- 1 pound spinach, washed, chopped
- 4 potatoes, peeled, quartered
- 6 cups water
- 1 cup milk, scalded
- seasonings to taste

Put all ingredients, except the milk, in a kettle. Cover. Let boil for 30 minutes. Pass through a sieve. Add the milk. Then serve.

All these Recipes are for 4 persons.

**BANANA AND ONION SOUP**

- 6 bananas, peeled, sliced
- 4 onions, peeled, sliced thin
- 2 cups milk, scalded
- 3 cups water, boiling
- 2 tablespoons butter
- seasonings to taste

Boil all ingredients together for about 25 minutes. Pass through a sieve. Put soup back in stew pan, boil for 1 minute, then serve.

**BEAN (LIMA) AND SWEET POTATO SOUP**

- $\frac{3}{4}$  cup lima beans, shelled
- 2 sweet potatoes, peeled, diced
- 6 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Cook slowly for about 35 minutes. Then serve.

**BEAN (LIMA) CREAM SOUP**

- $1\frac{1}{2}$  cups lima beans, shelled
- 1 potato, peeled, sliced
- 3 cups milk, scalded
- 2 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Let cook for about 30 minutes. Pass through a sieve. Put back in stew pan, bring to a boil, and serve.

**BEAN (STRING), SQUASH AND MILK SOUP**

- $\frac{1}{2}$  squash, medium size, peeled, seeded, cut in pieces
- 2 cups string beans, cleaned, strung, cut in pieces
- 5 cups water
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Boil the water with the seasonings. Add the squash and string beans. Boil for about 20 to 25 minutes. Add the milk and the butter. Bring to a boil. Then serve.

**All these Recipes are for 4 persons.**

**BEAN (STRING), VERMICELLI AND TURNIP SOUP**

- 1 cup string beans, strung
- 1 cup vermicelli, broken in pieces
- 1 turnip, large, white or yellow, peeled, sliced
- 3 cups milk, scalded
- 3 cups water, boiling
- seasonings to taste

Place all ingredients in a kettle. Boil for about 35 minutes. Then serve.

**BEET AND WAX BEAN SOUP**

- 3 beets, peeled, passed through meat chopper
- $\frac{1}{2}$  cup wax beans, strung, cut in pieces
- 6 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for about 30 minutes. Then serve.

**BRUSSELS SPROUT, CELERY AND MACARONI SOUP**

- $\frac{1}{2}$  pound Brussels sprouts, washed, cleaned
- 3 tablespoons celery, washed, chopped
- $\frac{1}{2}$  cup macaroni, broken in pieces
- 7 cups water
- seasonings to taste

Put all ingredients in a kettle. Cover. Cook for about 30 minutes. Then serve.

**CABBAGE AND LIMA BEAN SOUP**

- 2 cups cabbage, washed, shredded fine
- $\frac{1}{2}$  cup lima beans, shelled
- 6 cups water
- 1 cup milk
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for about 30 minutes. Then serve.

All these Recipes are for 4 persons.

**CABBAGE, CORNMEAL AND CARROT SOUP**

- $\frac{1}{2}$  cabbage, washed, shredded
- 4 tablespoons cornmeal
- 3 carrots, peeled, sliced
- 5 cups milk, scalded
- 3 cups water, boiling
- seasonings to taste

Put all ingredients in a kettle and let cook for about 40 minutes. Then serve.

**CABBAGE (RED), MILK AND ONION SOUP**

- $\frac{1}{2}$  head red cabbage, washed, shredded
- 4 onions, peeled, chopped
- 3 cups water
- 3 cups milk, scalded
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook slowly for about 30 minutes. Then serve.

**CARROT AND PEA SOUP**

- 2 cups green peas, shelled, passed through meat chopper
- 2 carrots, peeled, sliced
- 5 cups water
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Let cook slowly for about 35 minutes. Then serve.

**CAULIFLOWER AND POTATO SOUP**

- 1 cauliflower, cleaned, cut in small pieces
- 4 potatoes, peeled, quartered
- 4 cups water
- 1 tablespoon butter
- $1\frac{1}{2}$  cups milk, scalded
- seasonings to taste

Put all ingredients, except the milk, in a stew pan. Cover and boil for 30 minutes. Mash and beat with a potato masher. Add the milk. Bring slowly to a boil, stirring to prevent scorching. Boil for 1 minute. Then serve.

All these Recipes are for 4 persons.

### CAULIFLOWER, PAPRIKA AND ONION SOUP

- 1 cauliflower, washed, cut in pieces not too small
- 6 onions, peeled, sliced
- 5 cups water
- 1 cup milk, scalded
- 1 tablespoon paprika
- 2 tablespoons butter
- seasonings to taste

Boil the water and add the seasonings. Put in the onions, cauliflower and paprika. Let boil for 30 minutes. Add the butter and scalded milk. Bring to a boil. Then serve.

### CHERRY, CELERY AND LETTUCE SOUP

- $\frac{1}{2}$  cup cherries, pitted
- 1 cup celery, washed, peeled, cut in small pieces
- $\frac{1}{2}$  head lettuce, washed, shredded
- 5 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Let cook for about 30 minutes. Then serve.

### CHICKEN LIVER AND MACARONI SOUP

- 6 chicken livers, chopped fine
- 1 onion, peeled, chopped fine
- 6 tomatoes, chopped
- $\frac{1}{2}$  cup macaroni, broken in pieces
- 3 cups water
- seasonings to taste

Put chicken livers, onion, tomatoes, water and seasonings in a sauce pan. Bring to a boil. Add the macaroni. Cover. Let boil slowly for 25 minutes. Then serve.

### CLAM AND CORN SOUP

- 36 clams, in the shell
- 4 cups corn, off the cob
- 5 cups water
- 2 tablespoons butter
- seasonings to taste

Wash clams and steam them, adding 1 cup of the water. When clams are open, remove from the shells. Strain clam juice through a towel. Add the corn, remaining water, butter and seasonings to the clam juice. Boil for about 25 to 30 minutes. While these are boiling, cut the clams in large pieces. Ten minutes before serving, add the clams, and boil together for about 10 minutes. Then serve.

All these Recipes are for 4 persons.



**CLAM CHOWDER**

- 24 clams, washed
- 1 cup celery, washed, cut in small pieces
- $\frac{1}{2}$  cup salt pork or bacon, cut in small pieces
- 1 cup potato, peeled, diced
- 3 onions, peeled, chopped
- 2 green peppers, seeded, cut in small pieces
- 1 tomato, chopped
- 1 red pepper, seeded, cut in small pieces
- 1 pint water
- seasonings to taste, including thyme and bay leaves
- (season highly)

Put clams in a kettle. Cover. Let cook until they are open. Remove clams from the shells and chop them. Strain clam juice through a cheese cloth. Put salt pork or bacon in a kettle with the onions and fry gently until light brown. Add clams, celery, green and red peppers, potato, tomato, water, clam juice and seasonings. Cover and let cook for about 30 minutes. Then serve.

**CLAM CHOWDER, BOSTON STYLE**

- 24 clams, washed
- 1 cup celery, washed, cut in small pieces
- $\frac{1}{2}$  cup salt pork or bacon, cut in pieces
- 1 cup potatoes, peeled, diced
- 3 onions, peeled, chopped
- 1 tomato, chopped
- 1 red pepper, seeded, cut in small pieces
- 2 green peppers, seeded, cut in small pieces
- $\frac{3}{4}$  pint water
- 1 cup milk, scalded
- seasonings to taste, including thyme and bay leaves
- (season highly)

Put clams in a kettle. Cover. Let cook until they are open. Remove clams from the shells and chop them. Strain clam juice through a cheese cloth. Put salt pork or bacon in a kettle with the onions. Fry gently until light brown and add clams, celery, potatoes, green and red peppers, tomato, water, clam juice and seasonings. Cover and let cook for about 30 minutes. Add the scalded milk. Then serve.

**All these Recipes are for 4 persons.**

### CLAM CHOWDER, SOUTHERN STYLE

- 24 clams, washed
- $\frac{1}{2}$  cup celery, washed, cut in small pieces
- 1 cup sweet potatoes, peeled, diced
- 2 green peppers, seeded, cut in small pieces
- 3 onions, peeled, chopped
- 1 red pepper, seeded
- $\frac{1}{2}$  cup bacon, cut in small pieces
- 1 cup watermelon meat, chopped
- 2 tomatoes, chopped
- 1 pint water
- seasonings to taste (highly seasoned)

Put clams in a kettle and cover. Let cook until they are open. Remove clams from the shells and chop them. Strain clam juice through a cheese cloth. Put bacon in a kettle with the onions. Fry gently until light brown. Add clams, celery, sweet potatoes, green and red peppers, tomatoes, watermelon, water, clam juice and seasonings. Cover and let cook for about 30 minutes. Then serve.

### CORN AND PEA SOUP

- 2 cups corn, off the cob
- 1 cup green peas, shelled
- 1 onion, peeled, chopped
- 5 cups water
- 3 tablespoons butter
- seasonings to taste

Place all ingredients in a stew pan. Cover. Let boil slowly for 35 to 40 minutes. Then serve.

### CORN, CARROT AND LEEK SOUP

- 1 ear corn, off the cob
- 1 carrot, peeled, sliced
- 3 leeks, cut in pieces, washed
- 5 cups water
- 1 cup milk
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook slowly for about 35 minutes. Then serve.

All these Recipes are for 4 persons.

**CORN, TOMATO AND VEAL SOUP**

- 1 veal chop, meat only, cut in small pieces
- 4 tomatoes
- 2 ears corn, corn removed from cob
- 5 cups water
- 1 onion, peeled, chopped fine
- seasonings to taste

Put all ingredients together in a stew pan. Cover and let cook for about 30 minutes. Then serve.

**CUCUMBER CREAM SOUP**

- 6 cups thick white sauce (see p. 47)
- 3 cucumbers, peeled, seeded, sliced
- 2 tablespoons butter
- 1 tablespoon sugar
- seasonings to taste

When the thick white sauce is boiling, add the cucumbers, butter, sugar and seasonings. Let cook slowly for about 30 minutes. Beat with a whip to break down the cucumbers. Pass through a strainer. Then serve.

**FAMILY SOUP**

- 4 tomatoes, chopped
- 1 onion, peeled, chopped fine
- 1 tablespoon rice
- 2 tablespoons celery, washed, chopped
- 1 carrot, peeled, chopped
- 1 potato, peeled, chopped
- 5 cups water
- seasonings to taste

Put all ingredients together in a stew pan. Cover and let boil for 30 to 35 minutes. Then serve.

**GIBLET SOUP**

- from 1 turkey or 2 chickens, giblets (heart, liver, gizzard), wings and neck
- 2 onions, peeled, chopped fine
- 2 tablespoons celery, washed, chopped fine
- 2 tablespoons butter
- 1 tablespoon flour
- 6 cups water
- seasonings to taste

Put butter and onions in a stew pan. Fry lightly and do not allow onions to color. Mix in the flour and add the celery and seasonings. Pour in slowly the water, stirring constantly. Add the giblets, wings and neck. Cover. Let boil slowly for 35 minutes. Strain through a strainer and serve.

All these Recipes are for 4 persons.

**GUMBO, POTATO AND CRAB MEAT SOUP**

- ½ cup gumbo, cut in small pieces
- 1 potato, peeled, sliced
- ½ cup crab meat
- 5 cups water
- 1 cup milk, scalded
- seasonings to taste

Put all ingredients together in a kettle, except the milk. Cover and let cook for about 30 minutes. Add the milk and bring quickly to a boil. Then serve.

**GUMBO, RICE AND ONION SOUP**

- 2 onions, peeled, sliced
- 6 gumbo, cut in pieces
- 2 tablespoons rice
- 6 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for about 30 minutes. Then serve.

**OKRA, MUSHROOM AND CELERY SOUP**

- 1 pound okra, washed, cut in pieces
- 1 cup celery, peeled, washed, cut in pieces
- ¼ pound mushrooms, washed, sliced
- 6 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Let cook for about 25 to 30 minutes. Then serve.

**OKRA, NOODLE AND TOMATO SOUP**

- 3 okra, cut in pieces
- ½ cup noodles, broken in pieces
- 4 tomatoes, sliced
- 5 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook slowly for about 35 minutes. Then serve.

**All these Recipes are for 4 persons.**

**ONION, GUMBO AND SWEET POTATO SOUP**

- 2 onions, peeled, sliced
- ½ pound gumbo, washed, cut in pieces
- 3 sweet potatoes, peeled, diced
- 5 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients together in a sauce pan. Cover. Let cook for about 30 minutes. Then serve. If too thick, add more boiling water.

**PEA SOUP WITH TAPIOCA**

- 3 cups peas, shelled
- 1 cup tapioca, washed
- 6 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a kettle. Cover. Let boil for 30 minutes. Pass through a sieve. Bring again to a boil. Then serve.

**POTATO, CAULIFLOWER AND TOMATO SOUP**

- 1 cup cauliflower, washed, cut in pieces
- 1 potato, peeled, diced fine
- 3 tomatoes, sliced
- 5 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients together in a kettle. Cover. Let cook for about 30 minutes. Then serve.

**POTATO, CORN AND PAPRIKA SOUP**

- 3 ears corn, corn removed from cob
- 2 potatoes, peeled, diced
- 1 tablespoon paprika
- 4 cups thin white sauce (see p. 47)
- 2 cups milk, scalded
- seasonings to taste

Boil the corn in the milk for about 3 minutes. Make the white sauce, add the corn and milk and all other ingredients. Let cook for about 30 minutes. If too thick, add a little boiling water. Then serve.

All these Recipes are for 4 persons.

**POTATO (SWEET) AND CARROT SOUP**

- 4 carrots, peeled, sliced
- 3 sweet potatoes, peeled, diced
- 5 cups water
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil the carrots, potatoes and seasonings slowly in the water for about 35 minutes. Add the milk and butter. Then serve.

**POTATO (SWEET), ONION AND CARROT SOUP**

- 2 carrots, peeled, sliced
- $\frac{1}{2}$  onion, peeled, chopped fine
- 3 sweet potatoes, peeled, sliced
- 5 cups water
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Put all ingredients, except the milk, in a kettle. Cover. Let cook slowly for about 30 minutes. Add the scalded milk and serve.

**POTATO (SWEET), ONION AND RICE SOUP**

- 3 sweet potatoes, peeled, sliced
- 4 onions, peeled, sliced
- $\frac{1}{2}$  cup rice, washed
- 3 cups water
- 3 cups milk
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let boil slowly for about 30 minutes. Then serve.

**PORK, RICE AND CURRY SOUP**

- 1 pound pork chops, passed through meat chopper
- 2 onions, peeled, chopped fine
- $\frac{1}{2}$  cup rice, washed
- 1 tablespoon celery, washed, chopped fine
- 6 cups water
- 1 tablespoon curry powder
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook slowly for 35 minutes. Then serve.

All these Recipes are for 4 persons.

**PUMPKIN AND ITALIAN PASTE SOUP**

- $\frac{1}{2}$  pumpkin, peeled, seeded, chopped
- $1\frac{1}{2}$  cups Italian paste (spaghetti, tagliarini, or scapoletti)
- 6 cups water
- 2 tablespoons butter
- 1 cup milk, scalded
- seasonings to taste

Put all ingredients, except the milk, in a stew pan. Cover and boil slowly for 35 minutes. Add the scalded milk and boil for 2 minutes. Then serve.

**RICE, TOMATO AND OYSTER SOUP**

- $\frac{1}{2}$  cup rice, washed
- 6 tomatoes, or 2 cups of canned tomatoes
- 24 oysters, off the shell
- 4 cups water
- 1 tablespoon butter
- seasonings to taste

Boil the water and add the seasonings, rice, butter and tomatoes chopped. Boil for about 35 minutes. Add the oysters and cook for about 5 minutes. Then serve.

**SQUASH AND TOMATO SOUP**

- 1 squash, peeled, cut in large pieces
- 4 tomatoes, chopped
- 1 onion, peeled, chopped
- 2 potatoes, peeled, quartered
- 1 quart water
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Boil slowly in a covered kettle the water, squash, tomatoes, onion, potatoes and seasonings for about 35 minutes. When cooked, mix well with a whip to break the large pieces of the vegetables. Add the milk and butter. Boil for 1 minute. Then serve.

**TAPIOCA, MILK AND EGG SOUP**

- $\frac{1}{2}$  cup tapioca, washed
- 3 cups milk, scalded
- 3 cups water, boiling
- 2 tablespoons butter
- 2 eggs, beaten
- seasonings to taste

Boil tapioca in the milk and water for about 30 minutes. Pour very slowly onto the beaten eggs, beating constantly with a fork. Add seasonings and butter and serve.

All these Recipes are for 4 persons.

### TURNIP, POTATO AND RICE SOUP

- 2 turnips, peeled, sliced thin
- 2 potatoes, peeled, sliced
- $\frac{1}{3}$  cup rice, washed
- 5 cups water
- 2 cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Cook slowly for about 35 minutes. Then serve.

### WATERCRESS, STRING BEAN AND TOMATO SOUP

- $\frac{1}{2}$  bunch watercress, washed, chopped
- $\frac{1}{2}$  cup string beans, strung, cut in pieces
- 3 tomatoes, sliced
- 1 tablespoon butter
- 5 cups water
- seasonings to taste

Put all ingredients in a kettle. Cover. Cook for about 30 minutes. Then serve.

## Eggs

No Egg Recipes are included in this section, as egg dishes can be cooked in less than 30 minutes.

## Fish

### BASS, STUFFED AND BAKED

- 1 bass, large
- 2 onions, peeled, chopped fine
- 3 cups bread crumbs
- 2 eggs
- 1 tomato, chopped fine
- 2 teaspoons parsley, chopped
- seasonings to taste

Cut the bass open on the under side. Mix all other ingredients together in a bowl. Stuff the bass with the mixture on one side only. Fold on top the other side of the bass. Put bass in a baking pan. Pour over it about 2 cups of water. Bake in moderate oven for about 30 minutes. Then serve.

All these Recipes are for 4 persons.



**BASS (STRIPED) WITH BAKED TOMATOES**

- 1 striped bass
- 8 tomatoes, whole
- 3 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste—season highly

Put all ingredients in a baking pan. Bake in moderate oven for about 40 minutes. Do not bake too quickly, or the tomatoes will crack. Then serve.

**BASS (STRIPED) WITH RED CABBAGE**

- 1 striped bass, large
- $\frac{1}{2}$  red cabbage, washed, shredded
- 2 onions, sliced
- 2 lemons, juice only
- 1 cup water
- 3 tablespoons butter
- seasonings to taste

Boil the cabbage in salted water for about 30 minutes. Drain off water. While the cabbage is boiling, put the bass, onions, butter, seasonings, lemon juice and water in a baking pan. Bake in moderate oven for about 25 minutes. Add the cabbage. Finish baking together, about 10 minutes. Then serve.

**BLUEFISH WITH CUCUMBERS, BAKED**

- 1 bluefish, large
- 6 cucumbers, peeled, cut in halves lengthwise, seeded
- 2 onions, peeled, sliced
- $\frac{1}{2}$  cup water
- 3 tablespoons butter
- seasonings to taste—season highly

Boil the half cucumbers for about 5 minutes in water. Drain off water. Put bluefish, cucumbers, onions, water, butter and seasonings in a baking pan. Bake in moderate oven for about 30 minutes. Then serve.

**COD (BLACK) WITH TOMATOES AND POTATOES**

- 2 $\frac{1}{2}$  pounds black cod, in 1 piece
- 4 tomatoes, sliced
- 8 potatoes, peeled, sliced
- $\frac{1}{2}$  cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for about 35 minutes. Then serve.

All these Recipes are for 4 persons.

### CODFISH BALLS

- $\frac{3}{4}$  cup salt codfish
- 4 potatoes, peeled, quartered
- 2 eggs
- $\frac{1}{2}$  tablespoon butter
- seasonings to taste
- fat or lard

Put potatoes and codfish in a sauce pan, add enough water to cover, and boil for 20 minutes. Drain off water through a strainer. Return potatoes and codfish to kettle. Mash with potato masher. Season and stir in eggs and butter. Shape into balls with the hands. Fry in deep fat. Place on paper to drain off excess fat. Then serve.

### FINNAN HADDIE POTATO PIE

- $\frac{1}{2}$  finnan haddie, boiled, flaked
- 3 potatoes, peeled, sliced
- 1 tomato, sliced
- 1 cup water
- 3 tablespoons butter
- 1 green pepper, seeded, cut in pieces
- pie crust (see p. 394)
- seasonings to taste

Put all ingredients, except pie crust, mixed together in a baking dish. Moisten edges of baking dish. Cover baking dish with pie crust. Press pie crust slightly over the edge of baking dish. Trim. Bake in moderate oven for 20 minutes. Then serve.

### FINNAN HADDIE WITH CORN

- 1 finnan haddie, cut in 4 pieces
- 4 ears corn
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil the corn in salted water for about 20 minutes. Remove corn from water and scrape corn from cobs. While corn is boiling, boil the finnan haddie in water for about 5 minutes. Remove from water and skin and bone it. Put milk, butter, corn, finnan haddie and seasonings in a stew pan. Let boil slowly for about 5 minutes. Then serve.

All these Recipes are for 4 persons.

**FINNAN HADDIE WITH POTATOES AND TOMATOES**

- 1 finnan haddie, cut in 4 pieces
- 4 tomatoes, sliced
- 4 potatoes, peeled, sliced thick
- 3 tablespoons butter
- 1 cup water
- seasonings to taste—season highly

Put in a baking pan all of the ingredients and bake slowly in moderate oven for about 35 to 40 minutes. Then serve.

**FINNAN HADDIE WITH RICE**

- 1 finnan haddie, cut in 4 pieces
- 1½ cups rice
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil rice in salted water for about 20 minutes. Pour over the rice the scalded milk. Add butter and seasonings. While the rice is cooking, boil the finnan haddie in salted water for about 5 minutes. Remove from water, and bone and skin it. Mix with the rice and serve.

**HALIBUT, CORN AND SHRIMPS**

- 2½ pounds halibut, cut in 2 pieces
- 2 cups corn, off the cob
- 1½ cups shrimps, off the shell
- 3 cups water
- 2 tablespoons butter
- seasonings to taste

Boil the water with the seasonings. Add the corn and boil for 10 minutes. Put halibut, butter and shrimps in a baking pan. Pour over them the corn and water. Bake in moderate oven for about 30 minutes. Then serve.

**LOBSTER, PAN FRIED**

- 2 live lobsters, boiled, cut in halves
- 2 cups butter
- ½ tablespoon paprika
- 1 cup water
- salt and pepper to taste

Place butter, lobsters, seasonings and paprika in a frying pan. Cover frying pan. Cook very slowly for 30 minutes. Remove lobsters. Pour water in the frying pan. Boil for about 3 minutes. Strain through a tea strainer over the lobster. Then serve.

All these Recipes are for 4 persons.

**MACKEREL WITH CELERY AND PAPRIKA**

- 2 mackerel
- 1 stalk celery, washed, cut in pieces
- 1 cup water
- 1 tablespoon paprika
- 3 tablespoons butter
- seasonings to taste

Put mackerel, water, paprika, butter and seasonings in a baking pan. Bake in moderate oven for about 20 minutes. While mackerel are baking, boil the celery in salted water for about 20 minutes. Drain off water. Add the celery to the fish. Finish baking together, about 10 minutes. Then serve.

**MACKEREL WITH RICE AND OLIVES**

- 2 mackerel, medium size
- 1½ cups rice, washed
- 4 tomatoes, sliced
- 1 cup olives, chopped, pitted
- 4 tablespoons butter
- 1 onion, chopped
- seasonings to taste

Boil the rice for 20 minutes in plenty of salted water. Drain off water. While rice is boiling, place all other ingredients with the fish in a baking pan and bake for 20 minutes in moderate oven. Then add the rice and mix gently with a fork. Bake 10 minutes longer. Then serve.

**MACKEREL WITH SPINACH AND LEMON**

- 1 mackerel, large size
- 1½ pounds spinach, washed, stemmed
- 1 lemon, sliced
- 3 tablespoons butter
- 1 cup water
- seasonings to taste

Place mackerel in a baking pan. Arrange the spinach around the mackerel. Put slices of lemon on top of mackerel. Add the water and butter. Season. Bake slowly in moderate oven for about 30 to 35 minutes. Then serve.

**All these Recipes are for 4 persons.**

**PERCH WITH CHERRIES AND CUCUMBERS**

- 8 perch
- 1 cup cherries, pitted
- 3 cucumbers, peeled, cored, sliced
- 4 tablespoons butter
- 1 cup water
- seasonings to taste

Put water, cherries, cucumbers, butter and seasonings in a sauce pan. Cover and cook quickly for about 3 to 4 minutes. Put perch in a buttered baking pan. Pour over them the cherry and cucumber mixture. Bake in moderate oven for about 20 minutes. Then serve.

**SALMON WITH CUCUMBERS**

- 2 pounds salmon, cut in 4 slices
- 4 cucumbers, peeled, cored, sliced
- 4 tablespoons butter
- $\frac{1}{4}$  cup vinegar
- seasonings to taste

Put cucumbers, butter, vinegar and seasonings in a stew pan and cook quickly for about 6 minutes. Put slices of salmon in a baking pan. Pour over the salmon the cucumbers and bake in moderate oven for about 20 minutes. Then serve.

**SALMON TROUT WITH SQUASH, BAKED**

- 1 salmon trout
- 1 squash, peeled, quartered, seeded, sliced
- 2 onions, peeled, sliced
- 3 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 35 minutes. Then serve.

**SALMON TROUT WITH VINEGAR AND POTATOES**

- 1 salmon trout
- 8 potatoes, peeled, sliced
- 1 onion, peeled, sliced
- $\frac{1}{2}$  cup vinegar
- $\frac{1}{2}$  cup water
- 3 tablespoons butter
- seasonings to taste

Put potatoes, onion, vinegar, water, butter and seasonings in a baking pan. Place the salmon trout on top of the potatoes. Bake in moderate oven for about 35 minutes. Then serve.

**All these Recipes are for 4 persons.**

**SHAD WITH ONIONS, CELERY AND BREAD CRUMBS**

- 1 shad, medium size, cut in 4 pieces
- 3 onions, peeled, chopped
- 1 stalk celery, washed, peeled, cut in large pieces
- 1 cup bread crumbs
- 2 tablespoons butter
- 3 cups water
- seasonings to taste

Boil the water with the seasonings. Put in the celery and boil for 10 minutes. Put in a baking pan the shad, onions and butter. Pour over them the celery and the water in which the celery has been cooked. Sprinkle with the bread crumbs. Bake in moderate oven for about 30 minutes. Then serve.

**SHAD WITH SPINACH**

- 1 shad
- 2 pounds spinach, washed, cleaned
- 1 cup water
- 4 tablespoons butter
- 1 lemon, juice only
- seasonings to taste

Put shad, water, butter, lemon juice and seasonings in a baking pan. Bake in moderate oven for about 25 minutes. While the shad is cooking, boil the spinach in salted water for about 20 minutes. Drain off water. Cover the shad with the spinach. Finish cooking together, about 8 minutes. Then serve.

**SHAD WITH YAMS AND LEEKS**

- 1 shad
- 8 yams, peeled, sliced
- 4 leeks, washed, peeled, cut in pieces
- 2 cups water
- 3 tablespoons butter
- seasonings to taste

Put shad, yams, butter and seasonings in a baking pan. Boil the leeks in the water for about 6 minutes. Pour water and leeks into the baking pan. Put baking pan in moderate oven and bake for about 25 minutes. Then serve.

All these Recipes are for 4 persons.

### SHRIMP AND TOMATO PIE

- 2 cups shrimps, off the shell
- 4 tomatoes, sliced
- 1 onion, peeled, chopped fine
- ½ cup mushrooms, washed, peeled, sliced
- 1 tablespoon butter
- seasonings to taste
- pie crust (see p. 394)

Place all ingredients, pie crust excepted, in a baking dish. Moisten edges of baking dish, cover with pie crust and press pie crust slightly over the edge of the baking dish. Bake in moderate oven for about 35 minutes. Then serve.

### TROUT (BROOK) BAKED IN MASHED POTATOES

- 4 brook trout
- 8 potatoes, peeled, quartered
- seasonings to taste

Boil the potatoes in a very little salted water for about 20 minutes. Drain off water. Mash with a potato masher and season. Put brook trout in a baking pan. Cover each trout with the mashed potato. Shape with a knife into small loaf forms. Bake in moderate oven for about 15 to 20 minutes. Then serve. The trout should be served in their covering of potatoes.

### WHITEFISH WITH SWISS CHARD

- 1 whitefish, large
- 2 pounds Swiss chard, washed
- 1 cup water
- 2 onions, peeled, chopped fine
- 3 tablespoons butter
- seasonings to taste

Put whitefish, water, butter, onions and seasonings in a baking pan. Bake in moderate oven for about 20 minutes. While the whitefish is baking, boil the Swiss chard in salted water for 15 minutes. Drain off water. Chop chard not too fine. Add chard to the fish. Finish baking together, about 10 minutes. Then serve.

All these Recipes are for 4 persons.

## Meats and Entrees

### BEEF AND MACARONI CAKE

- 1½ pounds beef round, passed through meat chopper
- 1½ cups macaroni, broken in pieces
- 1 egg
- 4 tablespoons butter
- seasonings to taste

Boil the macaroni in salted water for about 20 minutes. Drain off water and cool for about 3 minutes. In a bowl mix together the beef, egg, macaroni and seasonings. Put butter in a frying pan. Put on hot fire. When butter is foaming, put beef and macaroni mixture in the frying pan. Let cook for about 2 minutes. Place frying pan in a hot oven and let cook for about 10 minutes. Then serve.

### BEEF KIDNEYS WITH PUMPKIN AND CREAM

- 2 beef kidneys, cut in halves
- 1 onion, peeled, sliced
- ½ pumpkin, peeled, seeded, quartered not too large
- 3 tablespoons butter
- ½ cup cream, boiled
- seasonings to taste

Put all ingredients, except the cream, in a baking pan. Bake in moderate oven for 30 minutes. Add the boiled cream. Let cook together 2 minutes. Then serve.

### BEEF STEAK AND LAMB KIDNEY PIE

- 1½ pounds sirloin steak, cut in thin slices
- 4 lamb kidneys, sliced
- 2 tablespoons butter
- 2 onions, peeled, chopped fine
- 1½ cups water
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- pie crust (see p. 394)

Put kidneys, beef, butter, onions, Worcestershire sauce, salt and water in a pudding dish. Moisten the edges of the pudding dish. Cover with pie crust. Bake in moderate oven for about 35 minutes.

### BEEF STEAK WITH PAPRIKA AND SWEET POTATOES

- 2½ pounds rib steak
- 6 sweet potatoes, peeled, sliced
- 1 tablespoon paprika
- 2 tablespoons butter
- ½ cup water
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 35 to 40 minutes. Then serve.

All these Recipes are for 4 persons.



**BEEF TENDERLOIN WITH MUSHROOMS AND POTATOES**

- 3 pounds beef tenderloin, in 1 piece
- 1 pound mushrooms, washed, quartered
- 6 potatoes, peeled, sliced
- 2 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a roasting pan. Bake in moderate oven for 35 minutes. Then serve.

**BEEF TENDERLOIN WITH SPANISH ONIONS**

- 3 pounds beef tenderloin, in 1 piece
- 4 Spanish onions, peeled, cut in halves
- 4 tablespoons butter
- $\frac{1}{3}$  cup water
- seasonings to taste

Put all ingredients in a roasting pan. Bake in moderate oven for about 40 minutes. Baste the onions more often than the beef. Serve.

**CHICKEN AND VEAL STEW**

- 1 chicken (roasting chicken), cut in pieces
- 1 pound veal loin, cut in pieces  $\frac{1}{4}$  inch thick
- 6 tomatoes, sliced
- 1 onion, peeled, chopped
- 4 tablespoons butter
- flour
- seasonings to taste

Fry chicken and veal in the butter in a frying pan for 6 minutes. Sprinkle with flour and let cook for 1 minute longer. Remove chicken and veal from frying pan and put them in a stew pan. Add seasonings, onion and tomatoes. Cover. Let cook for about 30 minutes. Then serve.

**CHICKEN, CORN AND GREEN PEPPERS**

- 2 chickens (broilers), cut in halves
- 5 ears corn, off the cob
- 3 green peppers, seeded, cut in medium sized pieces
- 4 onions, peeled, sliced
- 1 cup cream
- 3 cups water
- seasonings to taste

Put all ingredients, except the cream, in a stew pan. Cover. Let boil gently for about 35 minutes. Add the cream. Boil for 2 or 3 minutes. Then serve.

All these Recipes are for 4 persons.

**CHICKEN, HUNGARIAN STYLE**

- 1 chicken (roasting chicken), cut in pieces
- 4 cups noodles, broken in pieces
- 1 tablespoon paprika
- 1 onion, peeled, chopped
- water
- seasonings to taste

Put all ingredients in a kettle and cover with water to 2 inches above top of ingredients. Cover. Let cook for about 35 to 40 minutes. Then serve.

**CHICKEN LEGS WITH SAUSAGES**

- 4 chicken legs (must be from roasting chickens)
- 12 sausages
- 3 tablespoons butter
- flour
- seasonings to taste

Dredge the chicken legs with the flour, and season. Place them with the butter in a stew pan. Cover. Let cook slowly for about 30 minutes. Add the sausages and finish cooking together, about 10 minutes.

**CHICKEN STEW—QUICK**

- 2 chickens (broilers), cut in halves
- 8 tomatoes
- 2 tablespoons celery, washed, chopped
- 2 onions, peeled, chopped fine
- 4 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Place all ingredients together in a stew pan. Cover and let cook for 30 minutes. Then serve.

**CHICKEN WITH CARROTS AND ONIONS**

- 2 chickens (broilers), cut in halves
- 8 carrots, peeled, sliced
- 3 onions, peeled, sliced
- 3 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook slowly for 40 minutes. Then serve.

All these Recipes are for 4 persons.

**CHICKEN STEW WITH CELERY AND NOODLES**

- 2 chickens (broilers), cut in halves
- 1 stalk celery, washed, peeled, cut in large pieces
- 3 cups noodles, broken in pieces
- 2 cups water
- 1 onion, peeled, sliced
- 1 cup milk, scalded
- seasonings to taste

Cook all ingredients slowly together for 35 minutes. Then serve. The chicken juice is practically absorbed by the noodles, but the scalded milk absorbs part of the starch contained in the noodles, thus making a sauce of a creamy appearance.

**CHICKEN WITH CELERY AND TOMATOES**

- 2 chickens (broilers), cut in halves
- 1 stalk celery, washed, cut in pieces
- 1 onion, peeled, sliced
- 4 tomatoes, sliced
- 1 tablespoon butter
- 2 cups water
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook slowly for 35 minutes. Then serve.

**CHICKEN WITH CELERY ROOTS AND PAPRIKA**

- 2 chickens (broilers), cut in halves
- 6 celery roots, peeled, sliced thin
- 1 onion, peeled, chopped fine
- 1 tablespoon paprika
- 3 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for 35 to 40 minutes. Then serve.

**CHICKEN WITH POTATOES AND PAPRIKA**

- 2 chickens (broilers), cut in halves
- 6 potatoes, peeled, sliced
- 3 tablespoons butter
- 1 tablespoon paprika
- ½ cup water
- seasonings to taste

Cream butter with the paprika. Put all other ingredients in a roasting pan. Spread butter on top. Bake in moderate oven for about 30 minutes. Then serve.

All these Recipes are for 4 persons.

**CHICKEN WITH POTATOES, POTTED**

- 2 chickens (broilers)
- 4 onions, peeled, sliced
- 8 potatoes, peeled, sliced thick
- 1 carrot, peeled, sliced thick
- seasonings to taste

Put all ingredients together in a kettle and cover with water. Place cover on kettle. Cook slowly for about 35 minutes. Then serve.

**CHICKEN WITH PUMPKIN AND CRANBERRIES**

- 2 chickens (broilers), cut in halves
- $\frac{1}{2}$  pumpkin, small, peeled, seeded, quartered, sliced
- 1 cup cranberries, washed
- $\frac{1}{2}$  cup water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a roasting pan. Bake in moderate oven for about 35-minutes. Then serve.

**CHICKEN WITH RED CABBAGE AND PEPPERS**

- 1 chicken (roasting chicken), cut in pieces
- 1 red cabbage, washed, shredded
- 1 onion, peeled, sliced
- 4 green peppers, seeded, cut in strips
- water
- seasonings to taste

Place all ingredients together in a kettle. Pour in enough water just to cover. Place cover on kettle and boil for 40 minutes.

**CHICKEN WITH SWEET POTATOES AND RICE**

- 2 chickens (broilers), cut in halves
- 2 onions, peeled, chopped
- 8 sweet potatoes, peeled, sliced
- $\frac{1}{2}$  cup rice, washed
- seasonings to taste

Put all ingredients in a stew pan. Cover with water. Cover stew pan and let boil for about 35 to 40 minutes. Then serve.

All these Recipes are for 4 persons.

**CHICKEN WITH TOMATOES AND PAPRIKA**

- 2 chickens (broilers), cut in halves
- 8 tomatoes, sliced
- 3 onions, peeled, sliced
- $\frac{1}{3}$  cup flour
- 1 tablespoon paprika
- 2 cups water
- seasonings to taste

Mix flour, seasonings, paprika and water together. Put chickens, onions and tomatoes in a stew pan. Add other ingredients. Cover. Cook slowly for about 40 minutes. Then serve.

**CHICKEN WITH VEAL AND TURNIPS**

- 1 chicken (broiler), cut in pieces
- $1\frac{1}{2}$  pounds veal, leg or breast, cut in pieces
- 5 turnips, medium size, peeled, sliced
- 1 onion, peeled, sliced
- 1 cup milk
- water
- seasonings to taste

Put all ingredients in a kettle and add enough water to cover. Place cover on kettle and let cook for about 35 minutes. Then serve.

**DUCKLINGS WITH MASHED TURNIPS**

- 2 ducklings
- 6 turnips, peeled, sliced
- $\frac{1}{2}$  cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put ducklings in a roasting pan. Roast in moderate oven for about 30 minutes. While the ducklings are cooking, boil the turnips in salted water for 25 minutes. Drain off water. Mash with a potato masher. Add gradually the milk, butter and seasonings. Mix well. Serve on the side with the ducklings.

**GUINEA HEN STEW WITH SPAGHETTI**

- 2 guinea hens (young), cut in pieces
- 2 tomatoes, sliced
- 3 cups spaghetti, broken in pieces
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover with water to 2 inches above top of food material. Place cover on kettle and let cook slowly for 40 minutes. Then serve.

All these Recipes are for 4 persons.

**GROUSE WITH SOUR CREAM AND RAISINS**

- 2 grouse
- $\frac{1}{2}$  cup raisins
- 1 cup sour cream
- 3 tablespoons butter
- seasonings to taste

Put grouse in a roasting pan with the butter, cream and seasonings. Boil the raisins in water for 2 minutes. Drain off water. Put raisins in the roasting pan with the grouse. Place roasting pan in oven and bake for about 30 to 35 minutes. If, in the process of baking, the cream becomes too thick, add some boiling water. Baste the grouse often with the cream.

**GROUSE WITH SWEET POTATOES**

- 2 grouse
- 8 sweet potatoes, peeled, sliced
- 3 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a roasting pan. Bake in moderate oven for about 35 minutes. Then serve.

**GUINEA HEN WITH YAMS**

- 2 guinea hens
- 10 yams, peeled
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a roasting pan. Place roasting pan in a moderate oven and cook for about 35 to 40 minutes. Baste frequently both yams and guinea hens. Then serve.

**HAM WITH ONIONS, SMOTHERED**

- 2 pounds ham, raw, cut in 4 slices
- 10 onions, peeled, sliced
- 1 cup water
- 3 tablespoons butter
- $\frac{1}{2}$  teaspoon pepper

Put all ingredients in a roasting pan. Bake in moderate oven for 40 minutes. Move the onions from time to time with a fork to prevent scorching. Then serve.

**All these Recipes are for 4 persons.**

**HAMBURGER STEAK WITH LETTUCE**

- 2½ pounds chopped beef**
- 1 onion, washed, chopped**
- 2 heads lettuce, washed, cleaned**
- 3 tablespoons butter**
- seasonings to taste**

Boil the whole heads of lettuce in salted water for about 10 minutes. Mix the chopped onion in the chopped meat. Remove the lettuce from the water and cut the heads in halves. Shape the chopped meat and onions in the form of a round cake, and place in a baking pan. Arrange the half heads of lettuce around it. Season and add the butter. Bake in moderate oven for about 30 minutes. Then serve.

**LAMB BREAST WITH GREEN PEPPERS AND CORN**

- 2½ pounds lamb breast, cut in square pieces**
- 1 onion, peeled, sliced**
- 4 green peppers, seeded, cut in pieces**
- 4 ears corn, off the cob**
- 1 cup milk**
- seasonings to taste**

Put all ingredients in a sauce pan. Pour in enough water just to cover. Place cover on kettle and cook for about 40 minutes. Then serve.

**LAMB BREAST WITH JERUSALEM ARTICHOKEs**

- 2½ pounds lamb breast**
- 2 pounds Jerusalem artichokes, washed, peeled, pared, cut in pieces**
- 2 tablespoons butter**
- seasonings to taste**

Put breast of lamb in roasting pan with the seasonings and butter. Cook in moderate oven for 30 minutes. While the lamb is cooking, boil the artichokes in salted water for 25 minutes. Drain off water. Put artichokes around the lamb in the roasting pan. Finish cooking together, about 5 minutes. Then serve.

**LAMB BREAST WITH RHUBARB AND POTATOES**

- 2½ pounds lamb breast**
- 8 potatoes, peeled, sliced**
- 1 onion, peeled, quartered**
- ½ pound rhubarb, peeled, washed, cut in pieces**
- 3 tablespoons butter**
- seasonings to taste**

Put all ingredients in a roasting pan. Cook in moderate oven for about 35 minutes. Then serve.

**All these Recipes are for 4 persons.**

**LAMB BREAST WITH SWEET POTATOES AND ONIONS**

- 2½ pounds breast of lamb
- 8 sweet potatoes, peeled, sliced
- 4 onions, peeled, sliced
- 3 tablespoons butter
- ½ cup water
- seasonings to taste

Put all ingredients in a roasting pan and bake in moderate oven for about 35 minutes. Then serve.

**LAMB CHOPS WITH CORN**

- 8 lamb chops
- 4 ears corn, off the cob
- ½ cup milk
- 2 tablespoons butter
- water
- seasonings to taste

Put all ingredients in a stew pan with enough water just to cover. Place cover on top of kettle. Let cook for about 40 minutes. Then serve.

**LAMB CHOPS WITH LEEKS AND POTATOES**

- 8 lamb chops
- 6 leeks, washed, cut in pieces
- 8 potatoes, peeled, sliced very thin
- 1 onion, peeled, chopped
- 3 tablespoons butter
- 1 cup water
- seasonings to taste

Boil the leeks in a little water for about 6 minutes. Drain off water. Mix with the potatoes and onion. Add the seasonings. Put lamb chops in a baking pan. Cover with the potato mixture. Add the butter and water. Bake in moderate oven for about 30 minutes. Then serve.

**LAMB'S LIVER HAMBURGER STEAK**

- 1 lamb's liver, passed through meat chopper
- 1 pound beef round, passed through meat chopper
- 2 onions, peeled, sliced
- 4 tomatoes, sliced
- 2 tablespoons butter
- seasonings to taste

Mix lamb's liver with the beef and seasonings. Shape round in the form of a cake. Put in buttered frying pan. Cover with onions and tomatoes. Put a few pieces of butter on top. Place frying pan in hot oven and let cook for 20 to 25 minutes. Then serve.

All these Recipes are for 4 persons.



### LAMB RACK WITH NOODLES

- 1 or 2 racks of lamb
- 4 cups noodles
- seasonings to taste

Put rack of lamb in a roasting pan and roast in moderate oven for about 40 minutes. While the rack of lamb is roasting boil the noodles in salted water for 18 minutes. Drain off water and season. Remove lamb from pan. Pass through a tea strainer the juice and fat of lamb which are left in the roasting pan. Mix with the noodles and serve with the noodles around the rack of lamb.

### LAMB SHOULDER, BAKER STYLE

- 1 shoulder of lamb, whole
- 10 potatoes, peeled, sliced or quartered
- 5 onions, peeled, quartered
- 2 tablespoons butter
- seasonings to taste

Place the shoulder of lamb in a baking pan. Arrange around it the potatoes mixed with the onions. Season. Distribute butter on top of potatoes by cutting it in small pieces. Bake in moderate oven for about 35 minutes. There is no gravy with this method of preparation, but all the fat from the lamb is absorbed by the potatoes, making them very appetizing.

### LAMB SHOULDER WITH ENDIVES

- 1 lamb shoulder
- 8 endives, cleaned, washed
- seasonings to taste

Put lamb shoulder in a roasting pan and roast for 25 minutes. While lamb is roasting, boil the endives in salted water for about 20 minutes. Remove from water. Place endives around the lamb. Season. Finish cooking together in the oven, about 10 minutes. Then serve.

### LAMB SHOULDER WITH POTATOES, BAKED

- 1 lamb shoulder
- 10 potatoes, large, peeled
- seasonings to taste

Put lamb shoulder in a roasting pan. Arrange the potatoes around the lamb shoulder. Season. Roast for about 40 minutes in moderate oven. Then serve.

All these Recipes are for 4 persons.

**LAMB SHOULDER WITH STRING BEANS AND TOMATOES**

- 1 lamb shoulder
- 1½ pounds string beans, strung, cut in pieces
- 4 tomatoes, sliced
- 2 tablespoons butter
- seasonings to taste

Put lamb shoulder, butter, tomatoes and seasonings in a roasting pan. Cook in moderate oven for 40 minutes. While lamb is cooking, boil the string beans in salted water for 25 minutes. Drain off water. Put string beans in the roasting pan. Mix well with the tomatoes. Then serve.

**PHEASANTS WITH APPLES AND RAISINS**

- 2 pheasants
- 8 apples, peeled, cored, quartered
- ½ cup raisins, washed, boiled for 2 minutes in water
- 3 tablespoons butter
- ⅓ cup water
- seasonings to taste

Put pheasants in a roasting pan with butter and seasonings. Roast in moderate oven for 35 minutes. While the pheasants are cooking, put apples and water in a stew pan. Cover. Let cook slowly for 20 minutes. Mash with a potato masher. Add the boiled raisins and mix well. Serve the apples as an accompaniment.

**PHEASANTS WITH VERMICELLI AND BACON**

- 2 pheasants
- 4 cups vermicelli, broken in pieces
- 8 slices bacon, cut in pieces
- 2 tablespoons butter
- seasonings to taste

Put pheasants in a roasting pan. Roast in moderate oven for about 35 minutes. While the pheasants are roasting, boil the vermicelli in salted water for about 15 minutes. Drain off water. Put butter and bacon in a stew pan. Fry the bacon in the butter. Mix in the vermicelli with a fork. Season, and serve around the pheasants.

**PORK CHOPS WITH DICED SWEET POTATOES**

- 8 pork chops
- 8 sweet potatoes, peeled, diced
- 1 tablespoon butter
- ½ cup water
- seasonings to taste

Put all ingredients in a roasting pan. Bake in moderate oven not too quickly for about 35 minutes. Then serve.

**All these Recipes are for 4 persons.**

**PORK CHOPS WITH EGG PLANT AND ONIONS**

- 8 pork chops
- 3 egg plants, peeled, sliced
- 2 onions, peeled, sliced
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a roasting pan. Cook together slowly in a moderate oven for 35 minutes. Then serve.

**PORK CHOPS WITH ENDIVES, BAKED**

- 8 pork chops
- 12 endives, washed
- 3 tablespoons butter
- seasonings to taste

Boil the endives in salted water for about 10 minutes. Drain off water. Put pork chops in a baking pan. Arrange endives around the pork chops. Season and add the butter. Bake in moderate oven for about 30 minutes. Then serve.

**PORK CHOPS WITH RICE AND CELERY**

- 8 pork chops
- 1½ cups rice, washed
- ½ stalk celery, washed, cut in pieces
- 2 tablespoons butter
- seasonings to taste

Boil celery and rice in salted water for about 25 minutes. Drain off water. While the rice is boiling, put the butter in a frying pan. Season the chops. Cook pork chops in the frying pan slowly for about 25 minutes. Remove chops from pan, leaving the fat in the pan. Put the rice and celery in the frying pan. Let cook in the fat for about 6 minutes. Serve pork chops on top of the rice and celery.

**PORK TENDERLOIN WITH HOMINY**

- 2½ pounds pork tenderloin, in 1 piece if possible
- 3 cups hominy
- seasonings to taste

Season the pork. Put it in a roasting pan and cook in moderate oven for about 40 minutes. While the pork is cooking, boil the hominy in salted water for 30 minutes. Drain off water. Put hominy in the roasting pan with the pork. Let cook together for 5 minutes. Then serve.

All these Recipes are for 4 persons.

### PORK TENDERLOIN WITH TOMATOES AND VINEGAR

- 2½ pounds pork tenderloin, in 1 piece
- 8 tomatoes, washed
- ½ cup vinegar
- ½ cup water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a roasting pan. Bake in moderate oven for 40 minutes. Then serve.

### QUAIL WITH APPLES AND GRAPES

- 4 quail
- 8 apples, peeled, cored, sliced
- 2 cups grapes, off the stem
- 1 onion, peeled, chopped fine
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover and let cook for about 35 minutes. From time to time stir with a fork to prevent the apples and grapes from scorching at the bottom. Then serve.

### SAUSAGE LOAF

- 3 cups sausage meat
- 1 onion, peeled, chopped fine
- 2 cups bread crumbs
- 4 tablespoons ketchup
- water
- seasonings to taste

Soak the bread crumbs in the water. Add the seasonings, onion, ketchup, then the sausage meat. Mix well. Turn into a greased loaf tin. Bake in moderate oven for about 35 minutes. Then serve.

### SAUSAGES (FRANKFURTER) WITH BEETS

- 10 beets, peeled, sliced
- 8 Frankfurter sausages
- seasonings to taste

Boil the sliced beets in salted water for about 30 minutes. Drain off water. Put sausages on top of beets and add seasonings and ¼ cup of water. Cover and cook slowly for about 6 minutes. Then serve.

All these Recipes are for 4 persons.

**SAUSAGES (FRANKFURTER) WITH RED CABBAGE**

- 1 head red cabbage, washed, shredded
- 8 Frankfurter sausages

Boil the cabbage in salted water for about 30 minutes. Drain off water. Put cabbage back in the kettle, place Frankfurters on top, cover and put on the fire for about 5 to 8 minutes. The steam produced by the water remaining in the cabbage will be sufficient to cook the sausages. Then serve.

**SAUSAGES (GARLIC) WITH CORNMEAL**

- 3½ cups cornmeal
- 4 garlic sausages
- 8 cups water
- salt

Boil the water with the salt. Pour the water over the cornmeal. Add sausages. Bring slowly to a boil and cook slowly for about 40 minutes. Then serve.

**SNIFE WITH BRUSSELS SPROUTS**

- 4 snipe
- 1½ pounds Brussels sprouts, peeled, cleaned
- 4 tablespoons butter
- seasonings to taste

Put snipe in roasting pan with the butter and seasonings. Roast in moderate oven for 18 minutes. While the snipe are cooking, boil the Brussels sprouts in salted water for 20 minutes. Drain off water. Place Brussels sprouts in the roasting pan with the snipe. Let cook together for 5 to 8 minutes. Then serve.

**SWEETBREAD WITH CARROTS AND PAPRIKA**

- 4 carrots, peeled, sliced
- 4 pieces sweetbread
- 1 tablespoon paprika
- 1 cup water
- 1 cup milk, scalded
- 3 tablespoons butter
- seasonings to taste

Boil the sweetbreads for about 4 minutes in salted water. Remove sweetbreads and pare them. Put sweetbreads, butter, carrots, paprika, water, milk and seasonings in a kettle. Cover. Let cook slowly for about 35 minutes. Then serve.

**All these Recipes are for 4 persons.**

**VEAL AND BEEF LOAF**

- 1½ pounds beef round, passed through meat chopper
- 2 pounds veal round, passed through meat chopper
- 1 cup flour
- 1 cup bread crumbs
- 2 eggs
- ½ cup water
- 2 onions, peeled, chopped fine
- ½ cup lard
- seasonings to taste

Mix all ingredients together. Mix well. Shape in a baking pan in the form of a loaf not too thick. Bake in moderate oven for about 30 to 35 minutes. Then serve.

**VEAL AND HAM PIE**

- 1 pound veal loin, sliced thin
- 4 slices cold boiled ham
- 1 onion, peeled, chopped
- 2 potatoes, peeled, chopped
- 2 tablespoons butter
- 1 cup water
- 1 tablespoon Worcestershire sauce
- seasonings to taste
- pie crust (see p. 394)

In a large baking dish put the veal, onion, potatoes, ham, butter, water, Worcestershire sauce and seasonings mixed together. Moisten the edges of the baking dish. Cover with pie crust. Press the pie crust slightly over the edge. Trim pie crust. Bake in moderate oven for about 30 minutes. Then serve.

**VEAL AND SPINACH STEW**

- 2½ pounds veal, loin or leg, cut in pieces not too large
- 2 pounds spinach, washed, cleaned
- 2 onions, peeled, chopped
- 3 tablespoons butter
- 1 cup water
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 35 minutes. Then serve.

All these Recipes are for 4 persons.

**VEAL WITH BARLEY**

- 2½ pounds veal, loin, leg or breast, cut in small square pieces
- 1 onion, peeled, sliced
- 2 cups barley, washed
- 1 carrot, peeled, sliced
- seasonings to taste

Put all ingredients in a stew pan and just cover with water. Place cover on stew pan and cook for 35 minutes. From time to time add some boiling water if evaporation takes place too quickly. This dish must be served with very little liquid.

**VEAL WITH CRANBERRIES, ONIONS AND CURRY**

- 2½ pounds veal, breast, loin or leg, cut in square pieces
- 4 onions, peeled, sliced
- 1 cup cranberries, washed
- 1 tablespoon curry powder
- ½ cup water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a stew pan. Cover and let cook for about 35 to 40 minutes. Then serve.

**VEAL WITH CURRY AND RICE**

- 2½ pounds veal, leg, breast, chops or shoulder
- 4 onions, peeled, chopped
- 1 tablespoon curry powder
- 1½ cups rice, washed
- 5 cups water
- seasonings to taste

Put all ingredients together in a kettle. Cover. Let cook for about 35 to 40 minutes. Then serve.

**VEAL WITH CURRY AND SWEET POTATOES**

- 2 pounds veal, leg, loin or breast, cut in small pieces
- 5 sweet potatoes, peeled, sliced
- 1 tablespoon curry powder
- 2 tablespoons butter
- water
- seasonings to taste

Put all ingredients in a stew pan. Pour in enough water just to cover. Put cover on stew pan. Let cook for about 35 minutes. Then serve.

**All these Recipes are for 4 persons.**

**VEAL BREAST WITH CORN AND TOMATOES**

- 2½ pounds veal breast, cut in pieces
- 4 tomatoes, sliced
- 1 onion, peeled, chopped
- 6 ears corn, off the cob
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Add enough water just to cover. Place cover on kettle. Let cook slowly for 35 minutes. Then serve.

**VEAL BREAST WITH RICE AND SPAGHETTI**

- 2 pounds veal breast
- 1 cup rice, washed
- 2 cups spaghetti, broken in pieces
- 3 tablespoons butter
- seasonings to taste

Put breast of veal in the roasting pan. Roast for about 40 minutes. While the veal is roasting, boil the rice and spaghetti in salted water for 25 minutes. Drain off water. Add butter and seasonings. Mix well with a fork. Serve around the breast of veal.

**VEAL CHOPS WITH CARROTS**

- 4 veal chops, cut thick
- 8 carrots, large, washed, peeled, sliced
- 1 onion, large, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Put veal chops, after they have been seasoned, in a baking pan. Cover them with the carrots and the onion. Season well. Place butter cut in pieces on top. Bake in moderate oven for about 35 minutes. Then serve.

**VEAL CHOPS WITH OLIVES AND NOODLES**

- 4 or 8 veal chops
- 3 cups noodles, broken in pieces
- ½ cup olives, green or ripe, pitted, sliced
- 3 tablespoons butter
- seasonings to taste

Boil the noodles in salted water for about 20 minutes. Drain off water. While the noodles are boiling, put the butter, chops and seasonings in a roasting pan. Cook in moderate oven for about 25 minutes. Put noodles and olives in the roasting pan with the veal. Let cook together for about 5 minutes. Then serve.

**All these Recipes are for 4 persons.**



**VEAL CHOPS WITH SPINACH AND TOMATOES**

- 4 veal chops
- 1 pound spinach, washed, cleaned
- 6 tomatoes, cut in halves
- 3 tablespoons butter
- seasonings to taste

Put veal chops, butter, tomatoes and seasonings in a roasting pan. Cook in moderate oven for about 30 minutes. While the chops are cooking, boil the spinach in salted water for 15 minutes. Drain off water. Put the spinach in the roasting pan with the chops. Let cook together for about 5 minutes. Then serve.

**VEAL CHOPS WITH SQUASH AND ONIONS**

- 4 or 8 veal chops
- 1 squash, peeled, sliced
- 2 onions, peeled, sliced
- 4 tablespoons butter
- seasonings to taste

Put in a baking dish the squash, onions and chops. Add the butter cut in small pieces and the seasonings. Bake in moderate oven for about 25 to 30 minutes. Then serve.

**VEAL CUTLETS WITH CARROTS AND ONIONS**

- 4 or 8 veal cutlets
- 10 carrots, peeled, sliced
- 4 onions, peeled, sliced thick
- 4 tablespoons butter
- 1 cup water
- seasonings to taste

Put all ingredients together in a baking pan. Bake for about 35 minutes. Then serve.

**VEAL CUTLETS WITH POTATOES AND MUSHROOMS**

- 4 or 8 veal cutlets
- 6 potatoes, peeled, cut in pieces
- $\frac{1}{2}$  pound mushrooms, washed, quartered
- 4 tablespoons butter
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 35 minutes. Then serve.

All these Recipes are for 4 persons.

**VEAL ESCALLOPS WITH GRAPEFRUIT AND CARROTS**

- 4 veal escallops
- 2 grapefruit, peeled, quartered
- 6 carrots, peeled, sliced thin
- 1 onion, sliced
- $\frac{1}{2}$  cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a frying pan. Place frying pan in moderate oven and bake for about 35 to 40 minutes. Then serve.

**VEAL SHOULDER WITH TURNIPS AND POTATOES**

- 1 veal shoulder
- 3 turnips, peeled, quartered
- 6 potatoes, peeled
- 1 cup water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a roasting pan. Cook in moderate oven for about 35 to 40 minutes. Then serve.

**VEAL STEW, MOORISH STYLE**

- $2\frac{1}{2}$  pounds veal leg, sliced very thin
- 3 onions, peeled, sliced
- 6 tomatoes, sliced
- 4 red peppers, seeded, cut in pieces
- 1 clove garlic
- 2 tablespoons cornmeal
- 1 cup water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients, except veal and butter, in a sauce pan. Cover. Let cook for about 30 minutes. Dredge the veal with flour. Put butter in frying pan. When foaming, add the veal. Raise the heat, stirring the veal constantly until brown. Pour butter and veal into the tomato mixture. Remove from fire. Mix well with a fork. Do not let boil. Then serve.

**VEAL TONGUE WITH DANDELIONS**

- 3 veal tongues, cut in halves
- $2\frac{1}{2}$  pounds dandelions, washed, cleaned
- 1 onion, peeled, chopped
- 1 tablespoon butter
- 3 cups water
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for 35 minutes. Before serving, remove tough skin from the tongues.

All these Recipes are for 4 persons.

## Vegetables

### ARTICHOKES AND CRANBERRIES, BAKED

- 4 artichokes, cut in quarters
- 1 cup cranberries
- 1 onion, peeled, chopped fine
- seasonings to taste

Boil the artichokes in salted water for about 20 minutes. Remove hairs from the center of artichokes. While the artichokes are boiling, put the onions, cranberries and seasonings in a sauce pan with a little water. Let cook until cranberries are tender. Press through strainer. Put artichokes in a baking dish and pour over them the cranberries. Bake in moderate oven for about 10 minutes. Then serve.

### ARTICHOKES (JERUSALEM), MASHED

- 2 pounds Jerusalem artichokes, cleaned, pared, washed
- $\frac{1}{2}$  cup milk, scalded
- 3 tablespoons butter
- seasonings to taste

Boil the artichokes in salted water for about 30 minutes. Drain off water. Pass through a sieve. Place the artichoke pulp in a stew pan and put on slow fire. Add gradually the milk, butter and seasonings. Mix well and serve.

### BEANS (LIMA) AND BACON

- 4 cups lima beans, shelled
- 8 slices bacon
- $\frac{1}{2}$  teaspoon pepper

Boil lima beans in salted water for about 25 to 30 minutes. Remove from water. Put lima beans and pepper in a baking dish. Place slices of bacon on top of beans. Bake in moderate oven until bacon becomes crisp. This requires about 4 to 5 minutes. Then serve.

### BEANS (LIMA) AND BARLEY

- 2 cups lima beans, shelled
- 2 cups barley, washed
- 2 tablespoons butter
- seasonings to taste

Boil barley in salted water for 35 minutes. Drain off water. At the same time boil lima beans in salted water for 25 minutes. Drain off water. Mix lima beans and barley with the butter and seasonings. Put in a baking dish and bake in hot oven for 4 minutes. Then serve.

All these Recipes are for 4 persons.

**BEANS (LIMA) AND CARROTS**

- 3 cups lima beans, shelled
- 6 carrots, peeled, sliced
- 2 tablespoons butter
- water
- seasonings to taste

Put lima beans, carrots, butter and seasonings in a sauce pan. Pour in enough water just to cover. Put cover on sauce pan. Cook slowly for about 35 minutes. Then serve.

**BEANS (LIMA) AND POTATOES**

- 3 cups lima beans, shelled
- 4 potatoes, peeled, sliced
- 2 cups milk, scalded
- 1 cup water, boiling
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a sauce pan. Cover. Let cook for about 25 minutes. Then serve.

**BEANS (LIMA AND WAX), BOILED**

- 1 pound wax beans, strung
- 3 cups lima beans, shelled
- 1 onion, peeled, sliced
- 1 tomato, cut in quarters
- 2½ cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Let boil slowly for about 30 minutes. Then serve.

**BEANS (LIMA AND WAX) AND CORN**

- 2 ears corn, off the cob
- 2 cups lima beans, shelled
- 1 cup wax beans, strung, cut in pieces
- 2 tablespoons butter
- 3 cups water
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 30 minutes. Then serve.

All these Recipes are for 4 persons.

**BEANS (LIMA AND WAX) AND SWEET POTATOES**

- 1 cup lima beans, shelled
- 2 cups wax beans, strung, cut in pieces
- 3 sweet potatoes, peeled, sliced
- 2 tablespoons butter
- water
- seasonings to taste

Put all vegetables, butter and seasonings in a stew pan. Cover with water. Place cover on stew pan and let cook for about 30 minutes. Then serve.

**BEANS (STRING) AND BACON**

- 1½ pounds string beans, strung
- 8 slices bacon, cut in pieces
- 1 tablespoon butter
- seasonings to taste

Boil the string beans in salted water for about 20 minutes. Drain off water. Put butter and bacon in a frying pan and fry bacon for 1 minute. Then add the string beans and seasonings. Let cook together for about 3 minutes. Then serve.

**BEANS (STRING) AND ITALIAN SQUASH**

- 1½ pounds string beans, strung
- 2 Italian squashes, peeled, sliced
- 3 tablespoons butter
- 1 tablespoon oil
- seasonings to taste

Boil the string beans in salted water for 25 minutes. Drain off water. Fry the Italian squash quickly for about 5 minutes in the butter and oil in a frying pan. Add the string beans and let cook together for 5 minutes. Add the seasonings and mix well with a fork. Then serve.

**BEANS (STRING) WITH PAPRIKA SAUCE**

- 2 pounds string beans, strung, cut in pieces
- 2 cups paprika sauce (see p. 48)
- 2 tablespoons butter

Boil the string beans in salted water for about 30 minutes. Drain off water. Make the paprika sauce while string beans are boiling. Put string beans and butter in a sauce pan. Let cook for about 2 minutes, then add the boiling paprika sauce. Mix well and serve.

**All these Recipes are for 4 persons.**

**BEANS (WAX) AND BEETS**

- 2 beets, peeled, sliced thin
- 3 cups wax beans, strung, cut in pieces
- 3 tablespoons butter
- water
- seasonings to taste

Put vegetables, butter and seasonings in a stew pan. Cover with water. Place cover on stew pan. Let cook for about 35 minutes. Then serve.

**BEANS (WAX) AND BRUSSELS SPROUTS**

- 1½ pounds wax beans, strung
- 1 pound Brussels sprouts, washed, cleaned
- 3 tablespoons butter
- seasonings to taste

Boil the wax beans in salted water for 25 minutes. Remove from water. At the same time boil the Brussels sprouts in salted water for 25 minutes. Remove from water. Put the butter, wax beans, Brussels sprouts and seasonings in a frying pan. Let cook together for 5 minutes. Then serve.

**BEANS (WAX), APPLES AND GREEN PEPPERS**

- 2 pounds wax beans, strung, cut in pieces
- 2 apples, peeled, cored, sliced
- 3 green peppers, seeded, cut in pieces
- 2 tablespoons butter
- 3 cups water
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook slowly for about 30 minutes. Then serve.

**BEANS (WAX), BACON AND CELERY**

- 3 cups wax beans, strung, cut in pieces
- ½ stalk celery, washed, cut in pieces
- 4 slices bacon, cut in pieces
- 1 tablespoon butter
- ¼ teaspoon pepper

Boil wax beans and celery in salted water for about 25 minutes. Drain off water. Put butter and bacon in a frying pan and let cook until bacon starts to become crisp. Mix in with a fork the beans, celery and pepper. Let cook for about 2 minutes. Then serve.

All these Recipes are for 4 persons.

**BEANS (WAX), POTATOES AND CARROTS**

- 3 cups wax beans, strung, cut in pieces
- 3 potatoes, peeled, sliced
- 2 carrots, peeled, sliced
- 2 tablespoons butter
- water
- seasonings to taste

Place carrots, wax beans, potatoes, butter and seasonings in a stew pan. Cover with water. Place cover on stew pan and let cook for about 30 minutes. Then serve.

**BEANS (WAX, STRING AND LIMA), BOILED**

- 2 cups string beans, strung, cut in pieces
- 1 cup wax beans, strung, cut in pieces
- 1 cup lima beans, shelled
- 3 tablespoons butter
- water
- seasonings to taste

Place all the beans, butter and seasonings in a stew pan. Pour in enough water just to cover. Place cover on stew pan. Cook slowly for about 30 minutes. Then serve.

**BEETS, BAKED**

- 16 beets, medium size, washed, tops cut off 1 inch above beets

Put beets in a roasting pan and bake slowly for about 40 minutes. Then serve.

**BEETS AND APPLES**

- 10 beets, medium size
- 4 apples, peeled, cored, sliced
- 4 tablespoons butter
- seasonings to taste

Boil beets in salted water for about 30 minutes. Put under running cold water. Peel and slice them. Put beets, apples, butter and seasonings in a sauce pan. Cover. Let cook for about 5 minutes. Then serve.

**All these Recipes are for 4 persons.**

**BEETS AND BRUSSELS SPROUTS**

- 6 beets, small
- 1 pound Brussels sprouts, washed, cleaned
- 2 tablespoons butter
- seasonings to taste

Boil in salted water and separately the beets for about 30 minutes, and the Brussels sprouts for about 20 minutes. Peel the beets under cold water and slice them. Put butter in frying pan. When butter foams, put in the beets and let cook for 5 minutes. Add the Brussels sprouts and seasonings. Stir occasionally. While mixture is hot, serve.

**BEETS AND STRING BEANS WITH VINEGAR**

- 6 beets, peeled, sliced
- 1 pound string beans, strung, cut in pieces
- $\frac{1}{2}$  cup vinegar
- 2 cups water
- 2 tablespoons butter
- 1 onion, peeled, sliced
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Let boil slowly for about 30 minutes. Then serve.

**BEETS AU GRATIN**

- 8 beets, small
- $1\frac{1}{2}$  cups thin white sauce (see p. 47)
- $\frac{1}{2}$  cup Swiss cheese, grated

Boil the beets in salted water for about 30 minutes. Peel and slice them under cold water. While beets are boiling, make the white sauce. Put beets in a baking dish and pour the white sauce over them. Sprinkle with the grated cheese. Put baking dish in very hot oven and bake for about 5 minutes. Then serve.

**BEETS, POTATOES AND MINT**

- 6 beets, peeled raw, diced small
- 4 potatoes, peeled, diced large
- 1 onion, peeled, chopped fine
- 2 cups water
- 2 tablespoons butter
- 1 tablespoon mint leaves, chopped
- seasonings to taste

Put all ingredients, except the mint, in a stew pan. Cover. Let cook slowly about 35 minutes. Before serving, sprinkle with the chopped mint leaves.

**All these Recipes are for 4 persons.**



**BEET TOPS WITH VINEGAR AND TOMATOES**

- 4 cups beet tops, washed, cut in long pieces
- $\frac{1}{3}$  cup vinegar
- 3 tomatoes, chopped
- 3 tablespoons butter
- seasonings to taste

Boil the beet tops in salted water for about 20 minutes. Drain off water. Put butter, tomatoes and seasonings in a frying pan. Cook for 5 minutes, then add the beet tops and vinegar. Let cook slowly for 4 minutes. Then serve.

**BRUSSELS SPROUTS AND BANANAS**

- 2 pounds Brussels sprouts, washed, cleaned
- 3 bananas, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Boil the Brussels sprouts in salted water for about 25 minutes. Drain off water. Put butter and bananas in a frying pan. Cook on moderate fire. When bananas start to soften, add the Brussels sprouts and seasonings. Let cook together for about 3 minutes. Then serve.

**BRUSSELS SPROUTS AND CHEESE**

- 2 pounds Brussels sprouts, washed, cleaned
- $\frac{1}{2}$  cup bread crumbs
- 1 cup Swiss cheese, grated
- 3 tablespoons butter
- seasonings to taste

Cook Brussels sprouts in salted water for about 25 minutes. Drain off water. Put Brussels sprouts in frying pan with the butter. When butter has melted, sprinkle with seasonings, bread crumbs and cheese. Mix, but do not stir too much. Then serve.

**BRUSSELS SPROUTS AND NOODLES**

- 2 pounds Brussels sprouts, washed, cleaned
- $1\frac{1}{2}$  cups noodles, broken in pieces
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover with water to 1 inch above top of food materials. Put cover on kettle. Let cook slowly for about 30 to 35 minutes. If water evaporates too quickly, add more boiling water. Serve.

All these Recipes are for 4 persons.

### BRUSSELS SPROUTS AND ORANGES

- 2 pounds Brussels sprouts, washed, cleaned
- 4 oranges, peeled, quartered
- 4 tablespoons butter
- seasonings to taste

Boil the Brussels sprouts in salted water for 20 to 25 minutes. Drain off water. Put butter in a stew pan. When foaming, add the Brussels sprouts. Let cook for about 3 minutes. Add the seasonings and the orange quarters. Cook together for about 1 minute. Then serve.

### BRUSSELS SPROUTS AND SPAGHETTI

- 1 pound Brussels sprouts, washed, cleaned
- 2 cups spaghetti, broken in pieces
- 3 tablespoons butter
- seasonings to taste

Boil separately the Brussels sprouts and spaghetti in salted water for 18 minutes. Drain off water. Put Brussels sprouts and spaghetti in a sauce pan. Mix with a fork. Add the butter and seasonings. Let cook for about 2 minutes. Then serve.

### BRUSSELS SPROUTS AND SPINACH

- 1 pound Brussels sprouts, washed, cleaned
- 1 pound spinach, washed, cleaned
- 3 tablespoons butter
- seasonings to taste

Boil the Brussels sprouts in salted water for 25 minutes. Drain off water. Boil the spinach at the same time in another kettle in salted water for 20 minutes. Drain off water. Put the spinach, Brussels sprouts, butter and seasonings in a baking dish. Bake in hot oven for 6 minutes. Then serve.

### BRUSSELS SPROUTS AND SWEET POTATOES

- 1½ pounds Brussels sprouts, washed, cleaned
- 4 sweet potatoes, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Boil the Brussels sprouts and sweet potatoes together in salted water for 25 minutes. Drain off water. Mash with a potato masher. Add butter and seasonings. Mix well. Then serve.

**All these Recipes are for 4 persons.**

**BRUSSELS SPROUTS, CAULIFLOWER AND PAPRIKA**

- 1 cauliflower, washed, cut in pieces
- 1½ pounds Brussels sprouts, washed, cleaned
- 2 cups thick white sauce (see p. 47)
- 1 tablespoon paprika
- 2 tablespoons butter
- seasonings to taste

Boil separately in salted water the cauliflower and the Brussels sprouts for about 30 minutes. Drain off water. Put Brussels sprouts and cauliflower in a kettle and add seasonings, butter and paprika. Add the white sauce. Let cook slowly for about 5 minutes. Then serve.

**CABBAGE AND CHEESE**

- 1 head cabbage, washed, cut in small pieces
- 2 tablespoons butter
- 2 cups Swiss cheese, grated
- seasonings to taste

Cook cabbage in plenty of salted water. Do not use cover. When cooked, drain off water. In a bowl mix the cabbage, seasonings and grated cheese. Put in a baking dish. Put butter on top in small pieces. Bake in hot oven for about 5 minutes to dissolve the cheese.

**CABBAGE (RED), LETTUCE AND TOMATOES**

- 1 red cabbage, washed, shredded
- 2 heads lettuce, washed, shredded
- 6 tomatoes, quartered
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Add enough water to cover. Place cover on kettle. Let cook for about 35 minutes. Then serve.

**CABBAGE (RED), ONIONS AND PAPRIKA**

- 1 red cabbage, washed, shredded
- 8 onions, peeled, sliced
- 1 tablespoon paprika
- 1 cup milk, scalded
- 3 tablespoons butter
- seasonings to taste

Boil cabbage and onions in salted water for about 35 minutes. Drain off water. Add the scalded milk, paprika, seasonings and butter. Let cook together for about 5 minutes. Then serve.

**All these Recipes are for 4 persons.**

### CARROTS AND BRUSSELS SPROUTS

- 8 carrots, peeled, sliced
- 1 pound Brussels sprouts, cleaned
- $\frac{3}{4}$  cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil together carrots and Brussels sprouts in salted water for about 30 minutes. Drain off water. Mash with a potato masher. Add milk, butter and seasonings. Then serve.

### CARROTS AND CELERY ROOTS

- 6 carrots, peeled, quartered
- 4 celery roots, peeled, sliced
- $\frac{1}{2}$  cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil carrots and celery roots in salted water for about 30 minutes. Drain off water. Mash with a potato masher. Add milk, butter and seasonings. Mix well, then serve.

### CARROTS WITH PARSLEY AND BUTTER

- 12 carrots, peeled, quartered
- $\frac{1}{3}$  cup parsley, washed, chopped
- 3 tablespoons butter
- seasonings to taste

Boil carrots in salted water for 35 minutes. Drain off water. Put carrots, butter, seasonings, and parsley in a sauce pan. Cover. Let cook for about 3 minutes. Then serve.

### CAULIFLOWER AND RED CABBAGE

- 1 cauliflower, washed, cut in pieces
- 1 red cabbage, washed, shredded
- 3 tablespoons butter
- seasonings to taste

Boil the cauliflower and cabbage in salted water for about 30 minutes. Drain off water. Mix in with a fork the butter and seasonings. Then serve.

All these Recipes are for 4 persons.

**CAULIFLOWER, BRUSSELS SPROUTS AND MUSTARD**

- 1 cauliflower, washed, cut in pieces
- 1 pound Brussels sprouts, washed, cleaned
- 4 tablespoons butter
- 2 teaspoons mustard
- seasonings to taste

Boil separately the cauliflower and the Brussels sprouts in salted water for about 20 to 25 minutes. Drain off water. Put butter in a frying pan. When foaming, add the cauliflower and the Brussels sprouts. Add seasonings and mustard. Let cook together for about 2 minutes. Then serve.

**CELERY AND CHEESE**

- 2 stalks celery, washed, peeled, leaves cut off
- 1 cup Swiss cheese, grated

Boil celery in salted water for about 30 minutes. Drain off water. Cut celery stalks in halves. Put celery in a small baking pan. Place about 3 tablespoons of cheese on top of each stalk of celery. Bake in hot oven for about 6 minutes, or until cheese has browned on top. Then serve.

**CELERY, CRANBERRIES AND NOODLES**

- 1 stalk celery, cut in pieces, washed
- 2 cups noodles, broken in pieces
- ½ cup cranberries, washed
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a kettle. Fill with water to 1 inch above the top of food materials. Place cover on kettle. Let cook slowly for about 35 minutes. Then serve.

**CELERY, VERMICELLI AND PAPRIKA**

- 2 stalks celery, washed, peeled, cut in pieces
- 3 cups vermicelli, broken in pieces
- 3 tablespoons butter
- 1 tablespoon paprika
- seasonings to taste

Boil separately in salted water the celery for about 30 minutes, and the vermicelli for about 18 minutes. Drain off water. Put celery and vermicelli in a stew pan. Add butter, paprika and seasonings. Mix well with a fork. Then serve.

All these Recipes are for 4 persons.

**CELERY ROOTS AND TOMATOES**

- 6 celery roots, peeled, washed, sliced
- 4 tomatoes, sliced
- 3 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Cook slowly for about 35 minutes. Mash with a potato masher. Then serve.

**CORN AND BEETS**

- 3 ears corn, off the cob
- 4 beets, peeled, diced small
- 4 tablespoons butter
- 4 cups water
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for about 35 minutes. Then serve.

**CORN AND BRUSSELS SPROUTS**

- 4 ears corn, corn removed from cob
- 1½ pounds Brussels sprouts, washed, cleaned
- 3 cups water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients together in a sauce pan. Cover. Let cook slowly for about 35 minutes. Then serve.

**CORN AND EGG PLANT**

- 4 ears corn, cleaned
- 1 egg plant, small, peeled, diced
- 4 tablespoons butter
- flour
- seasonings to taste

Boil the corn in salted water for about 20 minutes. Remove from water. Scrape corn from cobs. While the corn is cooking, peel and dice the egg plant. Season and dredge in flour. Fry quickly in the butter in a frying pan for about 3 minutes. Add the corn, mix well, and serve.

**All these Recipes are for 4 persons.**

**CORN AND SPINACH**

- 4 ears corn, off the cob
- 1 pound spinach, washed
- 1 cup milk, scalded
- $\frac{1}{3}$  cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook slowly for about 35 minutes. Then serve. If liquid evaporates too quickly, add a little more boiling water.

**CORN, SWEET POTATOES AND PAPRIKA**

- 4 ears corn, off the cob
- 5 sweet potatoes, peeled, sliced
- 1 cup milk, scalded
- 1 tablespoon paprika
- 2 tablespoons butter
- seasonings to taste

Boil corn in salted water for about 8 minutes. Drain off water. Put corn, sweet potatoes, paprika, butter and seasonings in a baking dish. Bake in moderate oven for about 20 minutes. Add the scalded milk, and bake for about 10 minutes longer. Then serve.

**DANDELIONS WITH HARD BOILED EGGS**

- 2 pounds dandelions, washed, cleaned
- 4 eggs, hard boiled, shelled, cut in quarters
- 1 cup milk, scalded
- seasonings to taste

Boil dandelions in salted water for about 20 minutes. Drain off water. While dandelions are boiling, boil the eggs. Put dandelions in stew pan and add the milk and seasonings. Cook for about 3 minutes. In serving, place 4 quarters of hard boiled egg on each portion.

**EGG PLANT AND CARROTS**

- 2 egg plants, peeled, sliced
- 4 carrots, peeled, sliced
- 3 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for 35 minutes. Then serve.

All these Recipes are for 4 persons.

### EGG PLANT, ONIONS AND MUSHROOMS

- 3 egg plants, peeled, sliced
- 2 onions, peeled, sliced
- 1 pound mushrooms, washed, cut in halves lengthwise
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for 35 minutes. Then serve.

### ENDIVES AND APPLES

- 8 endives, cleaned, washed
- 4 apples, peeled, cored, quartered
- $\frac{1}{3}$  cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Boil the endives in salted water for 20 minutes. Drain off water. While endives are boiling, put apples, butter, milk and seasonings in a sauce pan. Cover. Let cook slowly for about 15 minutes. Mash with a potato masher, pour over endives and serve.

### ENDIVES, HAM AND EGGS, BAKED

- 8 endives, washed
- 4 slices cooked ham, cut in pieces
- 3 eggs, boiled hard, chopped
- 2 tomatoes, sliced
- 2 tablespoons butter
- seasonings to taste

Boil the endives whole in salted water for about 15 minutes. Remove endives from water. Put them in a baking dish. Add ham, tomatoes, chopped eggs, butter and seasonings. Bake in hot oven for about 10 minutes. Then serve.

### HOMINY WITH HAM

- 2 cups hominy
- 5 cups water, boiling
- 1 cup milk, scalded
- 1 pound ham, raw, cut in small dice
- seasonings to taste

Add the milk to the boiling water and pour over the hominy, mixing well. Add the ham and seasonings. Let cook slowly in a sauce pan for about 35 minutes. Drain off excess water or fat before serving.

All these Recipes are for 4 persons.



**KOHLRABI AND CELERY**

- 2 pounds kohlrabi, washed, cleaned
- ½ stalk celery, washed, cut in pieces
- 3 tablespoons butter
- seasonings to taste

Boil kohlrabi in salted water for 30 minutes. Remove from water. At the same time boil the celery in salted water for 20 minutes. Remove from water. Put butter, kohlrabi, celery and seasonings in a frying pan. Let cook together for about 6 minutes. Then serve.

**KOHLRABI, TOMATOES AND CUCUMBERS**

- 2½ pounds kohlrabi, washed, quartered
- 3 tomatoes, quartered
- 2 cucumbers, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Add just enough water to cover. Cook slowly for about 30 minutes. Then serve.

**LETTUCE AND TOMATOES, BAKED**

- 2 heads lettuce, washed
- 4 tomatoes, sliced
- 3 tablespoons butter
- seasonings to taste

Boil the lettuce heads whole in salted water for about 20 minutes. Drain off water. Cut heads in halves. Place them in a baking pan or baking dish. Season. Cover with the tomatoes and butter. Bake in quick oven for about 10 minutes. Then serve.

**LETTUCE, BANANAS AND CURRY, BAKED**

- 2 heads lettuce, washed
- 4 bananas, peeled, sliced
- 1 tablespoon curry powder
- 4 tablespoons butter

Boil the lettuce heads whole in salted water for about 25 minutes. Remove heads from water and cut them in halves. Put lettuce halves in a baking dish and cover with sliced bananas. Mix together the curry powder and butter. Put this mixture on top of the bananas. Bake in moderate oven for about 10 minutes. Then serve.

**All these Recipes are for 4 persons.**

**LETTUCE, MUSHROOMS AND TOMATOES**

- 4 heads lettuce, washed, cleaned
- $\frac{1}{4}$  pound mushrooms, washed, quartered
- 4 tomatoes, sliced
- 2 tablespoons butter

Boil lettuce in salted water for 15 minutes. Drain off water. Put lettuce and all other ingredients in a baking pan. Bake in moderate oven for about 20 minutes. Then serve.

**NOODLES WITH PAPRIKA, FRIED**

- 1 pound noodles
- 4 tablespoons butter
- 1 tablespoon paprika

Boil the noodles in salted water for 20 to 25 minutes. Drain off water. Put butter in frying pan. When butter is foaming, add the noodles and sprinkle with the paprika. Stir occasionally with a fork. Let cook or fry for about 10 minutes. Do not fry too quickly, or the noodles will burn.

**OKRA AND TOMATOES, BROILED**

- 12 okra, washed, whole
- 6 tomatoes, cut in halves
- flour
- seasonings to taste

Season the okra and tomatoes and dredge them in flour. Broil for about 4 to 5 minutes. Then serve.

**ONIONS AND GREEN PEPPERS**

- 6 large onions, peeled, sliced
- 3 green peppers, cleaned, seeded, cut in small pieces
- 1 cup cream sauce (see p. 47)
- 1 tablespoon butter
- seasonings to taste

Boil sliced onions in salted water until tender, about 20 to 25 minutes. Drain off water. Put onions, butter, green peppers, cream sauce and seasonings in a sauce pan. Put cover on sauce pan and finish cooking, about 10 minutes. Then serve.

**All these Recipes are for 4 persons.**

**ONIONS WITH VINEGAR, BAKED**

- 10 onions, large, peeled
- $\frac{1}{2}$  cup vinegar
- 1 cup water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a baking pan. Bake for about 40 minutes. If water evaporates too quickly, add more water and vinegar in equal amounts. Then serve.

**ONIONS (SPANISH) BAKED WITH MAPLE SYRUP**

- 6 Spanish onions, peeled, cut in halves
- $\frac{1}{2}$  cup maple syrup
- 1 cup water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for 40 minutes. Baste frequently. Then serve.

**PARSNIPS AND CARROTS**

- 6 parsnips, peeled, sliced
- 6 carrots, peeled, sliced
- 1 onion, peeled, sliced
- $\frac{1}{2}$  cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil the parsnips, carrots and onions in salted water for 30 minutes. Drain off water. Mash with a potato masher. Add milk, seasonings and butter. Mix well and serve.

**PEAS (GREEN) AND BARLEY**

- 3 cups green peas, shelled
- $\frac{1}{2}$  cup barley, washed
- 4 cups water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 35 to 40 minutes. Then serve.

**All these Recipes are for 4 persons.**

**PEAS (GREEN) AND ENDIVES**

- 4 cups green peas, shelled
- 2 endives, washed, shredded
- 1 onion, sliced
- 4 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a stew pan. Cover and let cook for about 35 minutes. Then serve.

**PEAS (GREEN), ONIONS AND LETTUCE**

- 6 cups green peas, shelled
- 8 small onions, peeled, whole
- 1 head lettuce, washed, shredded
- $\frac{1}{3}$  cup butter
- 1 tablespoon sugar
- 2 cups water
- seasonings to taste

Put all ingredients together in a sauce pan. Cover. Cook slowly for about 40 minutes. Then serve.

**PEPPERS (GREEN) STUFFED WITH RAISINS**

- 8 green peppers, washed, cut on top, seeded
- 2 cups bread crumbs
- $\frac{1}{2}$  cup raisins, washed
- 1 tablespoon butter, melted
- 1 egg
- seasonings to taste

Boil the raisins in a little water for about 2 minutes. Drain off water. Mix together the bread crumbs, raisins, melted butter, egg and seasonings. Stuff the peppers with the mixture. Put peppers in a small baking pan. Bake in moderate oven for about 30 minutes. Then serve.

**PEPPERS (GREEN), TOMATOES AND CARROTS**

- 8 green peppers, cut in halves, seeded
- 6 tomatoes, cut in halves
- 6 carrots, peeled, sliced thin
- 3 tablespoons butter
- seasonings to taste

Put in baking dish first the tomatoes, then the green peppers, then the carrots, and then the butter and seasonings. Bake in moderate oven for about 35 minutes. Then serve.

All these Recipes are for 4 persons.

**POTATOES, CREAMED**

- 8 potatoes, peeled
- 2 cups milk, scalded
- $\frac{1}{2}$  cup cream
- 2 tablespoons butter
- seasonings to taste

Boil the potatoes in salted water for about 25 minutes. When cooked, slice them. Place the sliced potatoes in a stew pan. Add the scalded milk, cream, butter and seasonings. Let cook slowly for about 8 minutes. Stir occasionally with a fork. Then serve.

**POTATOES MAITRE D'HOTEL**

- 8 potatoes, peeled
- 2 cups milk, scalded
- $\frac{1}{2}$  cup cream
- 2 tablespoons butter
- 1 tablespoon parsley, chopped fine
- seasonings to taste

Boil the potatoes in salted water for about 25 minutes. When cooked, slice them. Place the sliced potatoes in a stew pan. Add the scalded milk, cream, butter, parsley and seasonings. Let cook slowly for about 6 minutes. Stir occasionally with a fork. Then serve.

**POTATOES (SWEET) AND APPLES**

- 6 sweet potatoes
- 4 apples, peeled, cored, sliced
- 1 cup molasses
- 1 tablespoon butter

Boil sweet potatoes in salted water until tender, about 30 to 35 minutes. Slice sweet potatoes. Place in baking dish first a layer of potatoes and then a layer of apples. Repeat. Pour the molasses over the dish. Place butter on top. Bake in hot oven for about 8 minutes.

**POTATOES (SWEET) AND ENDIVES**

- 8 endives, washed
- 4 sweet potatoes
- 3 tablespoons butter
- seasonings to taste

Boil separately the endives and the sweet potatoes in salted water for 15 minutes. Drain the water from the endives. Put endives in a baking pan and season. Remove sweet potatoes from water. Peel and slice them thin. Cover endives with sliced potatoes and butter. Add seasonings. Bake in moderate oven for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**POTATOES (SWEET), CREAMED WITH CHEESE**

- 12 sweet potatoes, unpeeled
- $\frac{1}{2}$  cup cream, boiled
- $\frac{1}{2}$  cup water, boiling
- $\frac{1}{2}$  cup Swiss cheese, grated
- 1 tablespoon butter
- seasonings to taste

Boil the potatoes in water for about 25 minutes. Peel and slice them. Mix cream, boiling water, butter and seasonings together. Put sliced potatoes in a stew pan. Pour over them the liquid mixture. Let cook together for about 2 minutes. Mix in the cheese with a fork, stirring constantly. Then serve.

**PUMPKIN AND POTATOES**

- $\frac{1}{2}$  pumpkin, peeled, quartered, seeded, sliced
- 6 potatoes, peeled, quartered
- 1 cup milk, scalded
- 3 tablespoons butter
- seasonings to taste

Boil pumpkin and potatoes together in salted water for about 30 minutes. Drain off water. Mash with a potato masher. Add gradually the milk, butter and seasonings. Mix well and serve.

**RICE (WILD), BROWNED IN BUTTER**

- 3 cups wild rice, washed
- 4 tablespoons butter
- seasonings to taste

Boil the rice in salted water for about 30 minutes. Drain off water. Put the butter in a frying pan. When butter is foaming, add the rice and seasonings. Let cook, stirring occasionally with a fork, until browned. The rice will become crisp while browning.

**SORREL AND SPINACH**

- 2 pounds sorrel, washed
- $\frac{1}{2}$  pound spinach, washed, picked
- $\frac{1}{2}$  cup milk, scalded
- 3 tablespoons butter
- seasonings to taste

Boil sorrel and spinach in salted water for about 20 minutes. Drain off water. Put scalded milk, butter and seasonings in a stew pan. Add the spinach and sorrel. Let cook for about 5 minutes. Then serve.

All these Recipes are for 4 persons.

**SPINACH AND BACON**

- 2 pounds spinach, washed, cleaned
- 8 slices bacon, cut in halves
- 2 tablespoons butter
- $\frac{1}{2}$  teaspoon pepper

Boil spinach in salted water for about 15 minutes. Drain off water. Put butter and bacon in a frying pan. When bacon begins to get crisp, add the spinach and seasonings. Mix with a fork and let cook for about 2 minutes. Then serve.

**SPINACH AND LETTUCE**

- 1 $\frac{1}{2}$  pounds spinach, washed
- 1 head lettuce, washed, shredded
- 2 tablespoons butter
- seasonings to taste

Boil spinach and lettuce in salted water for about 20 minutes. Drain off water, add seasonings and butter, and serve.

**SPINACH AND RHUBARB**

- 2 pounds spinach, washed, cleaned
- 3 cups rhubarb, cleaned, strung, cut in pieces
- 3 tablespoons butter
- seasonings to taste

Boil the spinach in salted water for about 20 minutes. Drain off water. Boil rhubarb in very little water for 3 minutes. Drain off water. Put butter in a sauce pan and mix in with a fork the spinach, rhubarb and seasonings. Let cook for about 2 minutes. Then serve.

**SPINACH AU GRATIN**

- 2 $\frac{1}{2}$  pounds spinach, washed, cleaned
- 1 cup Swiss cheese, grated
- 2 tablespoons butter
- seasonings to taste

Boil the spinach in salted water for about 20 minutes. Drain off water. Put the spinach, seasonings, butter and cheese in a baking dish. Mix well with a fork. Bake in moderate oven for about 15 minutes. The top of the spinach should be browned. Serve.

All these Recipes are for 4 persons.

**SPINACH, ONIONS AND CHEESE**

- 2 pounds spinach, washed, cleaned
- 2 onions, peeled, chopped fine
- 1 cup American cheese, grated
- 3 tablespoons butter
- seasonings to taste

Boil the spinach in salted water for about 20 minutes. Drain off water. In a frying pan fry the onions in the butter until light brown. Add the spinach and seasonings and mix well with a fork. Let cook for about 2 minutes. Remove frying pan from fire. Mix in gradually with a fork the grated cheese. Then serve.

**SPINACH WITH ORANGES**

- 2 pounds spinach, washed, cleaned
- 4 oranges, peeled, quartered
- 4 tablespoons butter
- seasonings to taste

Boil the spinach in salted water for about 20 minutes. Drain off water. Put butter in a stew pan. When foaming, add the spinach and let cook for 3 minutes. Add the seasonings and the orange quarters. Cook for 1 minute. Then serve.

**SQUASH (HUBBARD), BAKED**

- 2 Hubbard squashes, medium size
- 4 tablespoons butter
- seasonings to taste

Wash the outer skin of the squashes. Cut in halves or quarters, according to their size. Put in baking pan. Season with salt and pepper. Put pieces of butter on top of each piece of squash. Bake in moderate oven for about 30 to 35 minutes.

**SQUASH (HUBBARD) WITH GREEN PEPPERS**

- 2 Hubbard squashes, peeled, sliced
- 4 green peppers, seeded, cut in pieces
- 3 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for 35 minutes. Then serve.

All these Recipes are for 4 persons.



**SQUASH (HUBBARD) WITH ONIONS, BAKED**

- 2 Hubbard squashes, peeled, sliced
- 2 onions, peeled, sliced
- 3 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for 35 minutes. Then serve.

**TURNIPS AND CHEESE**

- 10 white turnips, peeled, quartered
- 1 cup Swiss cheese, grated
- 3 tablespoons butter
- seasonings to taste

Boil turnips in salted water for about 30 to 35 minutes. Drain off water. Mash with a potato masher. Add butter, seasonings and cheese. Mix until cheese starts to melt, then stop mixing. Serve.

**TURNIPS AND POTATOES, MASHED**

- 6 white turnips, peeled, quartered
- 6 potatoes, peeled, quartered
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Boil turnips and potatoes in salted water for 30 minutes. Drain off water. Mash with a potato masher. Add milk, butter and seasonings. Then serve.

**TURNIPS, BAKED**

- 10 turnips, medium sized, washed

Put turnips in a roasting pan and bake slowly for about 35 to 40 minutes. Then serve.

**TURNIPS, PUMPKIN AND POTATOES**

- $\frac{1}{2}$  pumpkin, peeled, quartered
- 3 turnips, peeled, sliced
- 4 potatoes, peeled, quartered
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil pumpkin, turnips and potatoes in salted water for about 30 minutes. Drain off water. Mash with a potato masher. Add milk, butter and seasonings. Then serve.

All these Recipes are for 4 persons.

**VEGETABLE MARROW, BAKED**

- 4 vegetable marrows, washed
- $\frac{1}{2}$  cup water

Put vegetable marrows in baking pan and add the water. Bake in moderate oven for about 40 minutes. Then serve.

**VERMICELLI CHEESE PUDDING**

- 3 cups vermicelli, broken in pieces
- 1 cup Swiss cheese, grated
- 2 tablespoons butter
- 1 cup milk, scalded
- 2 eggs
- seasonings to taste

Boil some water with salt. When boiling, drop in the vermicelli and boil for about 15 minutes. Drain off water. Mix together seasonings, eggs, and milk. Put vermicelli in a pudding dish. Mix in with a fork the cheese and the butter. Pour over them the milk and egg mixture. Bake in moderate oven for about 10 minutes. Then serve.

**Desserts****ALL FRUITS IN CRUST**

- pie crust (see p. 394)
- 6 cups any large fresh fruits, peeled, cored, sliced,  
mixed together
- 1 cup sugar
- 2 tablespoons butter
- 1 teaspoon flavoring extract

Line pie plate with pie crust. Bake for about 8 minutes. Place in the fruit mixture, mixed with the flavoring extract. Sprinkle with the sugar. Cut butter in small pieces and place on top. Bake in moderate oven for about 25 minutes. Serve cold.

**ALMOND PUDDING**

- $\frac{1}{2}$  cup bread crumbs
- 3 eggs
- 2 cups milk, scalded
- $\frac{1}{2}$  cup sugar
- 2 teaspoons almond extract

Mix eggs, sugar, bread crumbs and almond extract. Add the milk gradually. Turn into a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for about 35 minutes.

**All these Recipes are for 4 persons.**

**APPLE AND CRACKER PUDDING**

- 3 apples, pared, cored, cut in pieces
- 2 cups cracker dust
- 1 cup sugar
- 2 cups milk, scalded
- 2 eggs, beaten
- $\frac{1}{3}$  cup water

Boil the apples with the water for about 6 minutes. Add the sugar. Scald the milk and pour it over the cracker dust. Add slowly the beaten eggs, beating all the time. Mix in the apple puree. Place in a pudding dish and bake in moderate oven for about 30 minutes.

**APPLE BATTER PUDDING**

- 5 apples, peeled, cored, sliced
- $\frac{1}{2}$  cup sugar
- $2\frac{1}{2}$  cups flour
- $1\frac{1}{2}$  cups milk
- 1 teaspoon cinnamon
- 5 teaspoons baking powder
- pinch of salt

Sift flour, baking powder, sugar, cinnamon and salt together. Add slowly the milk to make a batter. Place the apples in a baking or pudding dish. Pour the batter over the apples and bake in a moderate oven for about 30 minutes.

**APPLE TOWER (HOT)**

- 4 apples, peeled, cored, sliced to make rings
- 1 cup water
- 3 whites of egg, beaten stiff
- 1 cup sugar

Bake apple rings and water very slowly for 5 to 6 minutes. The apple rings must stay whole after baking. After baking, pile the apple rings on top of each other in a round baking dish. Beat the eggs stiff. While beating, add gradually the sugar to make a meringue (see p. 409). Cover the apple tower entirely with the meringue. Bake in slow oven for about 3 to 4 minutes, until the outside is of a light brown color.

**APPLES, GINGERED**

- 4 good sized apples, cored, but not peeled
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  cup sugar
- 1 tablespoon chopped ginger

Put apples in a baking dish. Mix water, sugar and chopped ginger. Pour over the apples. Bake in moderate oven until the apples are tender, about 35 to 40 minutes.

**All these Recipes are for 4 persons.**

**APRICOT, APPLE AND BANANA PUDDING**

- 2 cups milk, scalded
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup flour
- 2 eggs
- 4 apricots, pitted, sliced
- 2 bananas, peeled, sliced
- 2 apples, peeled, cored, sliced
- 1 teaspoon vanilla extract

Mix sugar, flour, eggs and vanilla extract together. Add gradually the scalded milk and mix well. Put all the fruit in a pudding dish. Pour over them the milk mixture. Set pudding dish in a pan of water. Bake in moderate oven for about 35 minutes.

**BANANA SANDWICH PUDDING**

- 8 slices of bread
- 6 bananas, peeled, sliced
- $2\frac{1}{2}$  cups milk, scalded
- 3 eggs
- 1 cup sugar
- 1 teaspoon vanilla extract

Mix sugar and eggs together. Add gradually the scalded milk. In a pudding dish place 4 slices of bread at the bottom, then the bananas. Cover with the other 4 slices of bread. Pour in slowly the milk and egg mixture and add the vanilla extract. Set pudding dish in a pan of water. Bake in moderate oven for about 30 to 35 minutes.

**BATTER PUDDING**

- 3 eggs, beaten light
- $1\frac{1}{2}$  cups sugar
- 1 lemon, juice only
- 1 lemon, rind only, grated
- $\frac{1}{2}$  cup water
- 2 cups flour
- 2 teaspoons baking powder

Mix baking powder, flour, sugar, lemon rind and eggs together. Add slowly the water and lemon juice. Turn into a buttered baking dish. Bake in moderate oven for about 30 minutes.

**All these Recipes are for 4 persons.**

**COMFITS**

- 1 cup milk
- 2 eggs, beaten
- 1 cup sugar
- 1/2 teaspoon cinnamon
- 3 cups flour
- 2 teaspoons baking powder

Mix all ingredients together, mixing well. Drop by teaspoonfuls in deep fat. Fry until brown. Drain and sprinkle with powdered sugar. Fry only one comfit at a time.

**CORNSTARCH AND RAISIN PUDDING**

- 2 cups milk
- 4 tablespoons cornstarch
- 3/4 cup sugar
- 3/4 cup raisins, washed
- 1 teaspoon vanilla extract

Boil the milk. Add the sugar and raisins. Dissolve the cornstarch in a little cold water. Bring the milk and raisin mixture to a boil. Pour in the dissolved cornstarch, stirring constantly until mixture boils again. Remove from fire and add the vanilla extract. Pour into a pudding dish. Chill and serve.

**CORNSTARCH BLANC MANGE**

- 2 cups milk, scalded
- 3 tablespoons cornstarch, diluted with a little cold water
- 3 tablespoons sugar
- 1 teaspoon vanilla extract
- 2 eggs, beaten

Mix sugar, eggs, vanilla extract and cornstarch together. Beat well. Pour in the milk gradually. Place mixture on fire and allow to boil for 2 minutes, stirring constantly. Fill champagne glasses with the blanc mange and let cool.

**CORNSTARCH PUDDING**

- 3 cups milk, scalded
- 3 tablespoons cornstarch, diluted with a little cold water
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs, beaten

Mix together eggs, sugar, cornstarch and vanilla extract. Pour over them slowly the milk and beat well. Pour into pudding dish. Place pudding dish in a pan partially filled with boiling water. Bake slowly in moderate oven for about 30 minutes.

All these Recipes are for 4 persons.

### COTTAGE PUDDING

- 2 cups milk
- 2 $\frac{1}{4}$  cups flour
- $\frac{1}{2}$  cup butter
- 2 eggs, beaten
- $\frac{2}{3}$  cup sugar
- 4 teaspoons baking powder
- pinch of salt

Cream the butter, add the sugar and the eggs. Sift and mix together flour and baking powder. Add the salt. Add slowly the milk and mix the two mixtures together. Turn into a greased cake tin. Bake in moderate oven for 30 to 35 minutes.

### CUSTARD PUDDING

- 2 cups milk, scalded
- 3 eggs
- $\frac{1}{2}$  cup sugar
- 1 teaspoon vanilla extract

Mix eggs and sugar, beating slightly. Add the scalded milk and flavoring. When well mixed, strain through a strainer. Fill a pudding dish with the custard mixture. Set pudding dish in a baking pan partially filled with boiling water. Bake in moderate oven for about 30 to 35 minutes.

### CHOCOLATE CUSTARD PUDDING

- 2 cups milk
- $\frac{1}{2}$  cup chocolate, grated
- $\frac{1}{4}$  cup sugar
- 4 eggs

Melt the chocolate with a little hot water. Add the milk, mix well, put on fire and bring to a boil. Mix eggs and sugar together. Add the chocolate and milk and mix well. Fill a pudding dish with the custard mixture. Set pudding dish in a baking pan partially filled with water. Bake in moderate oven for about 30 to 35 minutes.

### COCOANUT CUSTARD PUDDING

- 2 cups milk, scalded
- 4 eggs
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup cocoanut, grated
- 1 teaspoon vanilla extract

Mix together eggs and sugar. Add slowly the scalded milk. Strain through a strainer. Add the flavoring extract and the grated cocoanut. Fill a pudding dish with the custard mixture. Set pudding dish in a baking pan partially filled with water. Bake in moderate oven for about 30 to 35 minutes.

All these Recipes are for 4 persons.

**COFFEE CUSTARD PUDDING**

- 2½ cups milk**
- 3 tablespoons ground coffee**
- 4 eggs**
- ½ cup sugar**
- few drops vanilla extract**

Boil the milk and pour it over the ground coffee. Let stand for 5 minutes. Strain through a fine cheese cloth. Mix the eggs and sugar together. Add slowly the milk and coffee and vanilla extract. Strain through a strainer. Fill a pudding dish with the custard mixture. Set pudding dish in a baking pan partially filled with boiling water. Bake in moderate oven for about 30 to 35 minutes.

**GINGER CUSTARD PUDDING**

- 2 cups milk, scalded**
- 3 eggs**
- ½ cup sugar**
- ½ teaspoon ginger**
- 1 teaspoon vanilla extract**

Mix eggs and sugar, beating slightly. Add the flavorings. Pour over them the scalded milk. Strain through strainer. Fill a pudding dish with the custard mixture. Set pudding dish in a baking pan partially filled with boiling water. Bake in moderate oven for about 30 to 35 minutes.

**NUT CUSTARD PUDDING**

- 2 cups milk, scalded**
- 4 eggs**
- ½ cup sugar**
- ⅓ cup nut meats, chopped not too fine**
- 1 teaspoon vanilla extract**

Mix eggs, sugar and nut meats together. Add slowly the milk and flavoring. Fill a pudding dish with the custard mixture. Set pudding dish in a baking pan partially filled with water. Bake in a moderate oven for about 30 to 35 minutes.

**ORANGE CUSTARD PUDDING**

- 2 cups milk, boiled**
- 3 eggs**
- 2 cups sugar**
- 2 oranges, rind only, grated**

Mix eggs, sugar and orange rind together. Add slowly the boiled milk. Mix well. Fill a pudding dish with the custard mixture. Set pudding dish in a baking pan partially filled with boiling water. Bake in moderate oven for about 30 to 35 minutes.

**All these Recipes are for 4 persons.**

**FORCE COCOA FLAKE**

- 2 cups milk, scalded
- ½ cup sugar
- 2 eggs, beaten
- 3 cups force
- 4 teaspoons cocoa

Add sugar, cocoa and force to the scalded milk. Pour the mixture slowly over the beaten eggs. Turn into a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for about 35 minutes.

**FRENCH FRUIT PUDDING**

- 1 apple, peeled, cored, diced
- 1 pear, peeled, cored, diced
- 1 orange, peeled, quartered
- 2 cups flour
- 1 teaspoon baking powder
- 1 cup milk, scalded
- 3 eggs, beaten
- ½ cup sugar

Mix flour, eggs, baking powder and sugar together. Add the fruit and gradually the milk. Turn into baking dish. Set baking dish in a pan of water. Bake in moderate oven for about 35 minutes.

**GRAPEFRUIT AND ALMOND PUDDING**

- 3 grapefruit, peeled, quartered
- ⅓ cup flour
- 2 cups milk, scalded
- 1 cup sugar
- 2 eggs, beaten
- 1 teaspoon almond extract

Mix flour, sugar, eggs and scalded milk together. Mix well. Add the almond extract. Fold in the grapefruit. Place mixture in a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for 35 minutes.

**INDIAN CORNMEAL PUFF**

- 3½ tablespoons cornmeal
- 2 cups milk
- 3 tablespoons sugar
- ½ teaspoon nutmeg
- 3 eggs, beaten

Boil the milk. When boiling, sprinkle into it the cornmeal. Add the sugar and nutmeg. Let cook, stirring constantly, for about 2 minutes. Add gradually the beaten eggs, stirring all the time. Pour into a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for about 30 minutes.

**All these Recipes are for 4 persons.**



**JAM PUFF**

- 2 cups flour
- 2½ teaspoons baking powder
- 2 cups milk, scalded
- ½ cup jam (any kind)

Dissolve jam in the scalded milk. Add gradually the flour and baking powder, mixing well. Pour into a baking dish. Bake in moderate oven for about 35 minutes.

**JUNKET**

- 3 cups milk, warmed slightly
- 1 tablespoon liquid rennet
- 1 teaspoon almond extract

Stir the rennet in the milk. Add the almond extract. Turn into a pudding dish. Let stand until it begins to thicken before moving. Serve cold.

**LADY FINGER AND NUT PUDDING**

- 12 lady fingers, cut in halves crosswise
- ½ cup chopped nuts
- 2 cups milk, scalded
- 3 eggs
- ½ cup sugar
- 1 teaspoon vanilla extract

Mix eggs and sugar together. Add gradually the milk and mix well. Put lady fingers and nuts in a pudding dish. Pour over them the milk and egg mixture. Add the vanilla extract. Set pudding dish in a pan of water. Bake in moderate oven for about 35 minutes.

**NEW ENGLAND RAISIN PUDDING**

- 1½ cups raisins, cleaned
- 1 cup water, boiling
- 2½ cups milk, boiled
- 3 eggs
- ½ cup sugar
- a little grated nutmeg

Put water and raisins in a sauce pan and boil quickly until water is cooked away. Beat eggs and sugar together. Add slowly boiled milk, nutmeg and raisins. Pour into a pudding dish. Set pudding dish in a pan containing boiling water, and bake in a moderate oven for 30 to 35 minutes.

**ORANGE COMPOTE**

- 6 oranges, peeled, quartered, all white removed
- 1½ cups sugar
- ½ cup water

Boil sugar and water until thick. This requires about 4 minutes. Remove from fire and add the orange quarters. Boil syrup and oranges together for about 3 minutes. Remove from fire and let cool. Serve when cold.

All these Recipes are for 4 persons.

**PEACH AND TAPIOCA PUDDING**

- 1 cup tapioca, washed
- $\frac{1}{2}$  cup sugar
- $3\frac{1}{2}$  cups milk, scalded
- 4 peaches, peeled, pitted, sliced

Cook tapioca in water for about 20 minutes. Drain off water. Add milk and let cook for about 10 minutes. Add the sugar, then the peaches. Place in baking or pudding dish. Bake in moderate oven for about 10 minutes.

**PEACH, CURRANT AND CREAM PUDDING**

- 8 peaches, cut in halves, pitted
- 1 cup currants, red or black, washed
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup cream
- 2 tablespoons butter

Put all ingredients in a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for about 35 minutes. Serve hot.

**PEARS AND CRANBERRIES, BAKED**

- 8 pears, peeled, quartered, cored
- 2 cups cranberries, washed
- 1 cup sugar
- 1 tablespoon butter
- 1 lemon, juice only
- $\frac{1}{2}$  cup water

Put all ingredients in a small baking dish. Bake in moderate oven for about 30 to 35 minutes. Then serve.

**PEARS AND RASPBERRY JAM, BAKED**

- 8 pears, peeled, cored with a corer
- $\frac{2}{3}$  cup water
- 2 tablespoons raspberry jam
- 1 tablespoon butter

Boil the water with the butter. Dilute the jam with the mixture. Put pears in a baking dish. Add the jam, water and butter mixture. Bake in moderate oven for about 25 minutes, basting the pears occasionally.

**All these Recipes are for 4 persons.**

**PINEAPPLE AND BREAD PUDDING**

- 2 cups milk, scalded
- 4 slices bread, cut in squares
- $\frac{1}{2}$  cup sugar
- 3 slices pineapple, chopped not too fine
- 3 eggs, beaten

Mix together the sugar and eggs. Add gradually the scalded milk. Put bread and chopped pineapple in a pudding dish. Pour over them the milk mixture. Set pudding dish in a pan of water. Bake in moderate oven for about 35 minutes.

**PINEAPPLE AND GINGER PUDDING**

- 2 cups milk, scalded
- 1 cup pineapple, fresh or canned, chopped
- $\frac{1}{2}$  cup bread crumbs
- 3 eggs
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  teaspoon ginger

Mix eggs, sugar and bread crumbs together. Add gradually the milk and mix well. Then add the pineapple and ginger, mixing in thoroughly. Pour into a baking dish. Set baking dish in a pan of water. Bake in moderate oven for about 40 minutes. Then serve.

**PINEAPPLE BETTY**

- 1 cup bread crumbs
- $1\frac{1}{2}$  cups pineapple, fresh or canned, chopped
- 3 cups sugar
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{2}$  cup water or milk, boiling
- 2 eggs
- 1 tablespoon butter

Mix all ingredients, except the butter, together. Turn into a buttered pudding dish. Put pieces of butter on top of pudding. Bake in moderate oven for about 35 minutes.

**PINEAPPLE BREAD PUDDING**

- $2\frac{1}{2}$  cups milk, scalded
- 4 eggs
- 4 slices pineapple, chopped
- 2 slices bread
- 1 cup sugar

Mix the eggs with the sugar. Add slowly the milk, beating all the time. Cut the slices of bread in halves. Place slices of bread in a pudding dish. Spread the chopped pineapple on top of the bread. Strain over the pineapple the milk, sugar and egg mixture. Place pudding dish in a baking pan with boiling water in the pan. Bake in moderate oven for about 30 to 35 minutes.

All these Recipes are for 4 persons.

**PINEAPPLE PUDDING (COLD)**

- 1 cup milk, boiled
- 1 cup pineapple, chopped fine
- 1½ tablespoons gelatin
- ¼ cup sugar
- 1 teaspoon vanilla extract

Soak the gelatin in a little cold water. Heat the pineapple (its own juice will prevent it from burning), but do not let boil. Pour boiling milk over the gelatin, and add sugar and vanilla extract. Add the pineapple. Beat well until mixture becomes a little hardened. Pour into jelly or pastry mold. Put in ice box and serve cold.

**TAPIOCA, ORANGE AND JELLY (COLD)**

- 4 tablespoons tapioca, washed
- 2 oranges, peeled, seeded, chopped
- ½ cup jelly, any kind
- ⅓ cup sugar
- 3 cups water

Boil the water, sugar and tapioca together, until tapioca is clear and has practically absorbed the water, about 30 minutes. Add the chopped oranges and the jelly. Boil for 1 minute. Fill champagne glasses. Serve when cool.

**All these Recipes are for 4 persons.**

## 45 Minute to 1 Hour Recipes

The preparation and cooking of the dishes for which the recipes are given in this section take from 45 minutes to 1 hour. There are 110 recipes and they are divided as follows:

Soup Recipes .....	20
Meat and Entree Recipes .....	45
Vegetable Recipes .....	25
Dessert Recipes .....	20
<hr/>	<hr/>
Total Recipes .....	110

No Egg Recipes are given in this section, as any egg dish can be cooked in less than 30 minutes. There are also no Fish Recipes in this section, as all fish can be cooked in less than 45 minutes.

### Soups

#### ASPARAGUS, RICE AND CELERY SOUP

- 8 asparagus stalks, washed, cut in pieces
- $\frac{1}{2}$  cup rice, washed
- 4 tablespoons celery, washed, chopped fine
- 7 cups water
- 2 cups milk, scalded
- seasonings to taste

Put all ingredients, except the milk, in a kettle. Cover. Let cook for about 40 minutes. Pass through a sieve. Put back in kettle, add the milk and bring to a boil, stirring constantly. Then serve.

#### BEAN (LIMA), PEA AND TOMATO SOUP

- $\frac{1}{2}$  cup lima beans, shelled
- $\frac{1}{2}$  cup green peas, shelled
- 4 tomatoes, chopped
- 1 onion, small, peeled, chopped
- 5 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook slowly for about 45 minutes. Then serve.

All these Recipes are for 4 persons.

**BEET AND SWEET POTATO SOUP**

- 2 beets, peeled, diced small
- 3 sweet potatoes, peeled, diced
- 6 cups water
- 3 cups milk, scalded
- 1 tablespoon butter
- seasonings to taste

Put all ingredients, except the milk, in a kettle. Cover. Cook very slowly for about 45 minutes. Add the milk gradually and serve.

**BRUSSELS SPROUT AND LIMA BEAN SOUP**

- 1 cup lima beans, shelled
- $\frac{1}{2}$  pound Brussels sprouts, washed, picked
- 7 cups water
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Put all ingredients, except the milk, in a kettle. Cover. Let cook for about 40 minutes. Pass through a sieve. Put back in kettle, add the milk and bring to a boil, stirring constantly. Then serve.

**CABBAGE AND CORN SOUP**

- $\frac{1}{4}$  cabbage, shredded, washed
- 1 onion, peeled, chopped
- 2 ears corn, off the cob
- 5 cups water
- 1 cup milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle and cover. Let cook for about 40 minutes. Then serve.

**CHICKEN, LIMA BEAN AND TOMATO SOUP**

- 1 small chicken (broiler)
- $1\frac{1}{2}$  cups lima beans
- 4 tomatoes, or  $\frac{1}{2}$  pint canned tomatoes
- 1 onion, peeled, sliced
- 6 cups water
- seasonings to taste

Place all ingredients in a stew pan. Cover. Boil slowly for about 45 minutes. Remove the chicken from the stew pan. Remove skin and bones and cut chicken meat in small pieces. Put back the chicken meat in the soup. Bring to a boil and then serve.

**All these Recipes are for 4 persons.**

**CHICKEN MULLIGATAWNY SOUP**

- 1 chicken (broiler)
- 1½ quarts water
- 1 tablespoon curry powder
- 1 cup white sauce (see p. 47)
- 3 onions, peeled, chopped fine
- ½ cup celery, chopped fine
- 1 cup rice, washed
- 1 apple, peeled, cored, chopped
- seasonings to taste

Put all ingredients together in a kettle. Cover. Let cook for about ¾ hour. Remove chicken. Cut chicken meat, dark and white, in small dice. Put the chicken meat back in the soup. Let boil for 3 minutes. Then serve.

**CLAM AND CARROT SOUP**

- 18 clams, in the shell, washed
- 3 carrots, peeled, chopped
- 1 onion, peeled, chopped
- 3 cups water
- 1 cup milk, scalded
- seasonings to taste

Put clams in a kettle and cover. Cook until all clams are open. Then pass clam juice through a cheese cloth. Remove clams from shells and chop them. In a stew pan put the carrots, chopped clams, onion, water, milk, clam juice and seasonings. Let cook for about 35 to 40 minutes. Then serve.

**CORN, SWEET POTATO AND VEAL SOUP**

- 1 pound veal, cut in small cubes
- 2 cups corn, off the cob
- 2 sweet potatoes, peeled, diced
- 1 onion, peeled, sliced
- 1 tablespoon butter
- 6 cups water
- seasonings to taste

Place all ingredients in a stew pan. Cover. Boil slowly for about 45 minutes. Then serve.

All these Recipes are for 4 persons.

**CORNMEAL, LETTUCE AND SWEET POTATO SOUP**

- 1 head lettuce, washed, shredded
- 2 sweet potatoes, peeled, diced
- 3 tablespoons cornmeal
- 6 cups water
- 2 cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for about 45 minutes. Then serve.

**LETTUCE, SWEET POTATO AND ONION SOUP**

- 1 head lettuce, washed, shredded
- 3 sweet potatoes, peeled, diced
- 4 onions, peeled, diced
- 2 tablespoons butter
- 5 cups water
- 1 cup milk, scalded
- seasonings to taste

Place all ingredients except the milk in a stew pan. Cover. Boil slowly for about 45 minutes. Add the milk and bring to a boil. Then serve.

**PEA AND RICE SOUP**

- 2 cups peas, shelled
- $\frac{1}{2}$  cup rice, washed
- 8 cups water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Cook for about 40 minutes. Pass through a sieve. Put back in kettle and bring to a boil, stirring constantly. Then serve.

**PEA, LETTUCE AND ONION SOUP**

- $\frac{2}{3}$  cup green peas, shelled
- $\frac{1}{2}$  head lettuce, washed, shredded
- 3 onions, peeled, sliced
- 6 cups water
- 2 cups milk, scalded
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for about 50 minutes. Then serve.

All these Recipes are for 4 persons.



**POTATO, CABBAGE AND MACARONI SOUP**

- ½ head cabbage, washed, shredded
- 2 cups macaroni, broken
- 4 potatoes, peeled, sliced
- 6 cups water
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Put all ingredients, except the milk, in a stew pan. Cover. Boil slowly for about 45 minutes. Add the milk. Bring to a boil. Then serve.

**RICE, CELERY AND PAPRIKA SOUP**

- ½ stalk celery, washed, cut in small pieces
- 2 tablespoons rice, washed
- ½ tablespoon paprika
- 7 cups water
- 2 tablespoons butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Cook for about 40 minutes. Then serve.

**SPAGHETTI, MILK AND CARROT SOUP**

- 2 carrots, peeled, passed through meat chopper
- ½ cup spaghetti, broken in pieces
- 4 cups milk, scalded
- 2 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for about 45 minutes. Then serve.

**TURNIP AND HAM SOUP**

- 6 slices raw ham, cut in strips
- 4 turnips, yellow or white, peeled, quartered, sliced
- 1 tablespoon butter
- 1 onion, peeled, sliced
- 6 cups water
- 1 cup milk, scalded
- seasonings to taste

Place all ingredients together in a sauce pan, except the milk. Cover. Cook for about 45 minutes slowly. Add the milk and boil for about 5 minutes. Then serve.

All these Recipes are for 4 persons.

**TURNIP, NOODLE AND TOMATO SOUP**

- 2 turnips, small, peeled, cut in small dice
- $\frac{2}{3}$  cup noodles, broken in pieces
- 4 tomatoes, chopped
- 6 cups water
- 1 tablespoon butter
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook for about 45 minutes. Then serve.

**VEAL, GREEN PEPPER AND RICE SOUP**

- $\frac{1}{2}$  pound veal, loin or leg, cut in small dice
- 3 green peppers, seeded, cut in pieces
- 2 tablespoons rice, washed
- 1 onion, peeled, sliced
- 2 tablespoons butter
- 6 cups water
- 1 cup milk, scalded
- seasonings to taste

Put all ingredients in a stew pan. Cover and let cook for about 40 minutes. Then serve.

**YAM AND TOMATO SOUP**

- 2 yams, peeled, sliced
- 1 onion, peeled, sliced
- 4 tomatoes, sliced
- 6 cups water
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Put all ingredients, except the milk, in a kettle. Cover. Cook for about 40 minutes. Pass through a sieve. Put mixture back in kettle and bring slowly to a boil, stirring constantly. Add gradually the scalded milk. Then serve.

**Eggs**

No Egg Recipes are included in this section, as egg dishes can be cooked in less than 30 minutes.

**Fish**

No Fish Recipes are included in this section, as fish can be cooked in less than 45 minutes.

**All these Recipes are for 4 persons.**

## Meats and Entrees

### CALF'S HEAD, VINAIGRETTE

- 1 or  $\frac{1}{2}$  calf's head
- French dressing (see p. 49)

Boil the calf's head in salted water. Put a towel in the water on top of the calf's head. This will keep the calf's head white. Let cook slowly until the calf's head is cooked. This requires about 40 to 45 minutes. Remove from water. Remove flesh from bones and cut in large pieces. Serve with French dressing.

Vinaigrette is the French term used for French dressing.

### CHICKEN WITH APPLES AND POTATOES, ROASTED

- 1 chicken (roasting chicken)
- 4 potatoes, large, peeled
- 4 apples, large, cored
- 2 tablespoons butter
- seasonings to taste

Put chicken in a roasting pan with the butter. Season. Roast in oven for about 15 minutes. Arrange around it the potatoes and apples. Finish roasting together, about 35 minutes. Then serve.

### CHICKEN WITH BARLEY AND CELERY

- 1 chicken (roasting chicken), cut in pieces
- $1\frac{1}{2}$  cups barley, washed
- $\frac{1}{2}$  stalk celery, washed, cut in pieces
- water
- seasonings to taste

Put all ingredients in a kettle. Cover with water to about 3 inches above top of chicken. Cover. Boil slowly for about 50 minutes. Then serve.

### DUCK WITH CELERY AND TURNIPS

- 1 or 2 ducks
- 5 turnips, peeled, quartered
- 1 stalk celery, washed, cut in pieces
- 2 tablespoons butter
- seasonings to taste

Put the duck in a roasting pan with the butter and seasonings. Let cook for 40 minutes. While duck is cooking, boil the turnips and celery in salted water for 30 minutes. Remove from water. Put celery and turnips in roasting pan and finish cooking with the duck, about 8 minutes. Then serve.

All these Recipes are for 4 persons.

**DUCK WITH CHERRIES AND CELERY**

- 1 duck, domestic, cut in pieces
- 3 cups cherries, pitted
- 1 stalk celery, washed, cut in pieces
- 1 onion, peeled, sliced
- 3 tablespoons fat
- flour
- seasonings to taste

Fry the duck in the fat for about 5 minutes. Remove duck from frying pan. Put it in a kettle. Sprinkle with flour. Add all other ingredients. Cover with water. Place cover on kettle. Cook slowly for about 45 minutes. Then serve.

**DUCK STEW WITH TURNIPS AND ONIONS**

- 1 duck, cut in pieces
- 8 turnips, white, peeled, cut in quarters
- 2 onions, peeled, quartered
- 2 tablespoons butter
- 1 tablespoon flour
- 4 cups water
- seasonings to taste

Place butter and pieces of duck in a frying pan. Fry quickly until brown. Add the flour, stirring all the time. Add the water and let boil for 3 minutes. Place duck and gravy in a stew pan. Add onions, turnips and seasonings. Cover. Let cook slowly for about 45 to 50 minutes. Then serve.

**DUCK WITH RED CABBAGE AND BEETS**

- 1 duck, domestic, cut in pieces
- 1 red cabbage, washed, shredded
- 2 onions, peeled, quartered
- 6 beets, peeled, sliced
- 3 tablespoons fat
- 1 tablespoon flour
- water
- seasonings to taste

In a frying pan fry the duck in the fat for 4 minutes. Empty contents of frying pan into a kettle, sprinkle with flour, and mix well. Add all other ingredients with enough water to cover. Bring to a boil. Place cover on kettle and let cook slowly for about 40 minutes. Then serve.

**All these Recipes are for 4 persons.**

**DUCK WITH TURNIPS AND PEAS, STEWED**

- 1 duck, domestic, cut in pieces
- 8 turnips, peeled, cut in large pieces
- 3 onions, peeled, quartered
- 2 cups peas, shelled
- 2 tablespoons butter
- 2 tablespoons flour
- water
- seasonings to taste

In a kettle place the butter, duck, onions and turnips. Cover. Let cook for about 15 minutes slowly. Sprinkle with the flour. Stir well. Add the peas and seasonings. Add just enough water to cover. Let cook slowly with cover on kettle for about 40 minutes. Then serve.

**GOSLING WITH BAKED PEARS**

- 1 gosling
- 8 pears, peeled, cored with a corer
- 2 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put gosling in a roasting pan with the butter and seasonings. Roast in moderate oven for 35 minutes. Add the pears and water. Finish cooking together, about 20 minutes. Then serve.

**GUINEA HEN WITH BEETS AND CELERY**

- 2 guinea hens
- 6 beets, peeled, sliced
- 1 stalk celery, washed, cut in pieces
- 2 tablespoons butter
- seasonings to taste

Put the guinea hens, seasonings and butter in a roasting pan. Cook in moderate oven for 40 minutes. While guinea hens are cooking, boil the celery and beets together in salted water for 35 minutes. Drain off water. Put the celery and beets in the roasting pan with the guinea hens. Finish cooking together, about 10 minutes. Then serve.

**GUINEA HEN WITH WILD RICE**

- 2 guinea hens
- 2 cups wild rice, washed
- 1 onion, peeled, whole
- $\frac{1}{2}$  tablespoon paprika
- seasonings to taste

Put the guinea hens in a roasting pan and roast in hot oven for 5 minutes. Remove them from roasting pan. Put them with the wild rice, onion, paprika and seasonings in a kettle. Cover with water to 3 inches above the top of the food materials. Place cover on kettle. Let cook slowly for about 40 minutes. Then serve.

**All these Recipes are for 4 persons.**

**LAMB FRICASSEE**

- 2 pounds lamb, leg, shoulder or loin, cut in small pieces
- 3 cups thin white sauce (see p. 47)
- 2 onions, peeled, chopped fine
- 2 cups water
- seasonings to taste

Put all ingredients in a stew pan. Cover. Let cook for about 45 minutes. Then serve.

**LAMB IN CURRY**

- 2½ pounds lamb, leg, breast, loin or shoulder, cut in pieces
- 3 onions, peeled, chopped
- 1 tablespoon curry powder
- 2 apples, peeled, cored, chopped
- 1 clove of cloves
- 2 tablespoons fat
- water
- flour
- seasonings to taste

Fry lamb in the fat. When brown, sprinkle with flour and stir on the fire for 2 minutes. Remove lamb from frying pan and place in a stew pan. Add the onions, curry powder, apples, clove and seasonings. Cover with water to 1 inch above the top of the lamb. Let cook slowly for about 45 minutes. Then serve.

**LAMB IRISH STEW**

- 2½ pounds lamb, shoulder, breast or loin, cut in squares
- ½ cabbage, washed, cut in pieces
- 8 potatoes, peeled, sliced thick
- 2 turnips, peeled, sliced thick
- 6 onions, peeled, quartered
- 4 cups water
- seasonings to taste

Put all ingredients in a stew pan. Let cook for about 45 minutes. Then serve.

**LAMB WITH BARLEY AND CABBAGE**

- 2½ pounds lamb, breast or shoulder, cut in large pieces
- 1 onion, peeled, sliced
- 2 cups barley, washed
- 1 cabbage, washed, quartered
- seasonings to taste

Put all ingredients in a kettle. Cover with water to 2 inches above top of food materials. Place cover on kettle. Cook very slowly for 50 minutes. Then serve.

**All these Recipes are for 4 persons.**

**LAMB WITH NOODLES AND PAPRIKA**

- 2½ pounds lamb, shoulder or breast, cut in square pieces
- 2 onions, peeled, chopped
- 5 cups water
- 1 tablespoon paprika
- 2 carrots, sliced
- 3 cups noodles, broken in pieces
- seasonings to taste

Put all ingredients, except the noodles, in a kettle. Cover and let cook for about 25 minutes. Add the noodles. Finish cooking, about 20 minutes. Then serve.

**LAMB WITH ONIONS AND PAPRIKA**

- 3 pounds lamb cutlets
- 8 large onions, peeled, sliced
- 1 tablespoon paprika
- 2½ cups water
- seasonings to taste

Put all ingredients together in a stew pan. Cover. Cook slowly for about 50 minutes. Remove the excess fat which floats on the top. Then serve.

**LAMB BREAST WITH SQUASH**

- 2 breasts of lamb
- 1 Hubbard squash, peeled, seeded, sliced thick
- 1 tablespoon butter
- 1 cup water
- seasonings to taste

Place in a roasting pan the breasts of lamb. Cover with the sliced squash. Season. Add water and butter. Bake slowly in moderate oven for about 50 minutes. Then serve.

**LAMB SHOULDER WITH CELERY AND TOMATOES**

- 1 lamb shoulder
- 2 stalks celery, washed, cut in pieces
- 4 tomatoes, sliced
- 1 onion, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Put the lamb shoulder in a roasting pan. Roast in moderate oven for about 35 minutes. While the lamb is roasting, boil the celery in salted water for about 25 minutes. Drain off water. Put the celery, tomatoes and onion with the butter and seasonings in the roasting pan around the lamb. Let cook together for about 15 minutes longer. Then serve.

All these Recipes are for 4 persons.

**LAMB SHOULDER WITH POTATOES AND SQUASH, BAKED**

- 1 lamb shoulder
- 1 squash, peeled, seeded, sliced
- 8 potatoes, peeled, sliced
- 1 onion, peeled, sliced
- 3 tablespoons butter
- seasonings to taste

Put all ingredients together in a roasting pan. Bake in moderate oven for about 50 minutes. Then serve.

**LAMB SHOULDER WITH SAGE AND POTATOES**

- 1 lamb shoulder
- 8 potatoes, peeled, sliced thick
- 1 teaspoon sage
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a roasting pan. Place roasting pan in a moderate oven and cook for about 45 minutes. Then serve.

**OX TAIL WITH RED CABBAGE**

- 2 ox tails, cut in pieces
- 2 red cabbages, washed, quartered
- 2 onions, sliced
- 2 cloves of clove
- seasonings to taste

Put all ingredients in a kettle. Add just enough water to cover. Place cover on kettle. Cook for about 50 minutes. If water evaporates too quickly, add more boiling water from time to time. Then serve.

**PARTRIDGE WITH CABBAGE**

- 2 partridges
- 2 cabbages, washed, shredded
- 3 carrots, peeled, quartered
- 1 onion, peeled, quartered
- $\frac{1}{4}$  pound bacon, cut in 4 strips
- 2 cups water
- seasonings to taste

Put partridges in a roasting pan and roast them in the oven for about 15 minutes. Remove partridges from roasting pan. Put them in a kettle and cover with all the other ingredients. Cover kettle and let cook for about 40 minutes. Then serve.

**All these Recipes are for 4 persons.**



**PORK AND BEETS STEW**

- 2½ pounds pork, leg or shoulder, cut in square pieces
- 4 onions, peeled, sliced
- 2 tablespoons butter
- 2 tablespoons flour
- 8 beets, peeled, sliced
- water
- seasonings to taste

Fry the meat and the onions in the butter. Empty the contents of frying pan into a kettle. Sprinkle with flour. Add the beets and seasonings. Cover with water. Cover kettle. Let cook for about 50 minutes. Then serve.

**PORK WITH CORN AND ONIONS**

- 3 pounds pork, loin or rack
- 5 ears corn, cleaned
- 3 onions, peeled, sliced
- seasonings to taste

Roast the pork in a moderate oven for about 55 minutes. While pork is roasting, boil the corn in salted water for about 20 to 25 minutes. Remove corn from water. Scrape corn from cobs. Put corn and onions with the seasonings in the roasting pan around the pork 10 minutes before pork is done. Finish cooking together, about 10 minutes. Then serve.

**PORK WITH SWEET POTATOES AND SQUASH**

- 3 pounds loin of pork
- 6 sweet potatoes, peeled
- 1 squash, peeled, cut in large pieces
- 1 onion, large, peeled, quartered
- 1 tablespoon butter
- 1 cup water
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for about 1 hour. Since the pork requires longer cooking than the vegetables, it will save time to put the pork in the oven first. Then peel the vegetables and add to the pork as they are ready.

**PORK LOIN WITH BAKED BANANAS**

- 3 pounds loin of pork
- 8 bananas, peeled
- 2 onions, peeled, quartered
- ½ cup water
- seasonings to taste

Put loin of pork, onions, water and seasonings in a roasting pan. Roast in moderate oven for about 35 to 40 minutes. Arrange bananas around the pork and finish cooking, about 15 minutes. Then serve.

**All these Recipes are for 4 persons.**

**PORK LOIN WITH BAKED TURNIPS**

- 3 pounds loin of pork, in 1 piece
- 8 turnips, peeled, quartered
- 2 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a roasting pan. Bake in moderate oven for 50 minutes. Then serve.

**PORK SHOULDER WITH BARLEY, BOILED**

- 1 shoulder of pork, cut in 2 pieces
- 4 cups barley, washed
- 1 carrot, peeled
- 1 onion, peeled
- seasonings to taste

Put all ingredients in a kettle. Cover with water to 2 inches above top of food materials. Place cover on kettle. Let boil for about 50 to 55 minutes. Remove excess water, if any. Then serve.

**PORK SHOULDER WITH MUSTARD**

- 1 shoulder of fresh pork
- 2 tablespoons mustard
- 4 tablespoons butter
- $\frac{1}{4}$  cup boiling water

Roast the shoulder of pork in the oven for about 40 minutes. Mix mustard with the boiling water to a paste. Cream butter and add the mustard paste. Spread mixture on top of pork. Put pork back in the oven and finish roasting, about 10 minutes. Then serve.

**PORK SHOULDER WITH RED AND GREEN CABBAGE, BOILED**

- 1 shoulder of pork, cut in 2 pieces
- 1 red cabbage, washed, quartered
- 1 green cabbage, washed, quartered
- 2 onions, peeled
- seasonings to taste

Put all ingredients in a kettle. Cover with water to 2 inches above the top of food materials. Place cover on kettle. Let boil slowly for 50 to 55 minutes. Remove excess water, if any. Then serve.

**All these Recipes are for 4 persons.**

**PORK SPARE RIBS AND CARROTS**

- 4 pounds spare ribs
- 3 pounds carrots, peeled, sliced thick
- 2 quarts water
- ½ teaspoon pepper (no salt)

Put all ingredients together in a stew pan. Cover. Cook slowly for about 55 minutes. Then serve.

**RABBIT STEW**

- 2 rabbits, young, cut in pieces
- 3 carrots, peeled, quartered
- 3 tomatoes, sliced
- 3 onions, peeled, quartered
- 1 turnip, peeled, quartered
- 4 tablespoons lard
- 2 tablespoons flour
- water, boiling
- seasonings to taste

Fry rabbits, carrots, onions and turnips in a frying pan with the lard. Empty contents of frying pan into a stew pan. Sprinkle with flour. Mix well. Cover with boiling water. Add tomatoes and seasonings. Cover and let cook for about 45 minutes. Then serve.

**SQUABS WITH GREEN PEAS**

- 4 squabs
- 4 cups green peas, shelled
- 2 onions, sliced
- 1 cup water
- 3 tablespoons butter
- seasonings to taste

Roast the squabs in hot oven for about 10 minutes. Remove squabs from oven. Put squabs, peas, onions, water, butter and seasonings in a kettle. Cover. Let cook slowly for about 40 minutes. Then serve.

**SQUABS WITH SPINACH**

- 4 squabs
- 2 pounds spinach, washed, picked
- 2 onions, peeled, sliced
- 4 tablespoons butter
- seasonings to taste

Put all ingredients together in a stew pan. Cover and let cook slowly for about 40 minutes. Then serve.

**All these Recipes are for 4 persons.**

**VEAL BREAST WITH BEETS**

- 3 pounds breast of veal
- 12 beets, washed
- 3 tablespoons butter
- seasonings to taste

Put breast of veal in a roasting pan with the butter and seasonings. Roast slowly in moderate oven for 45 minutes. While the veal is cooking, boil the beets in salted water for 40 minutes. Peel and slice them. Arrange beets around the veal in the roasting pan. Finish cooking together, about 10 minutes. Then serve.

**VEAL BREAST WITH YAMS AND PUMPKIN**

- 2½ pounds breast of veal
- ¼ pumpkin, peeled, seeded, sliced
- 6 yams, peeled, sliced
- 4 tablespoons butter
- 1 cup water
- seasonings to taste

Put all ingredients in a roasting pan. Bake in moderate oven for about 45 minutes. Then serve.

**VEAL LOIN WITH CELERY**

- 3 pounds loin of veal, in 1 piece
- 2 stalks celery, leaves removed, cut in halves
- seasonings to taste

Put loin of veal and seasonings in a roasting pan. Roast in moderate oven for 40 minutes. While veal is cooking, boil the celery halves in salted water for 35 minutes. Remove from water. Place celery around the veal in the roasting pan. Finish cooking together, about 10 minutes. Then serve.

**VEAL LOIN WITH ONIONS AND VINEGAR**

- 6 to 8 pounds loin of veal
- 10 onions, peeled
- 2 cups vinegar
- ½ cup butter
- 1 cup water
- seasonings to taste

Place all ingredients in a roasting pan. Roast slowly for about 50 minutes. Then serve.

**All these Recipes are for 4 persons.**

**VEAL RACK WITH BRUSSELS SPROUTS AND ONIONS**

- 1 rack of veal
- 2 pounds Brussels sprouts, washed, cleaned
- 6 onions, peeled, quartered
- seasonings to taste

Put the rack of veal, onions and seasonings in a roasting pan and roast in moderate oven for about 45 minutes. In the meantime, boil the Brussels sprouts in salted water for about 20 minutes. Drain off water. Let stand for about 20 minutes. Then add the Brussels sprouts to the veal and finish cooking together about 10 minutes. The Brussels sprouts will be impregnated with the juice from the onion and the veal.

**VEAL RACK WITH CARROTS AND ONIONS**

- 3 pounds rack of veal
- 8 carrots, peeled
- 4 onions, peeled
- 3 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a roasting pan. Let cook slowly in moderate oven for 50 minutes. Baste often. Then serve.

**VEAL RACK WITH NOODLES AND RAISINS**

- 1 rack of veal
- 4 cups noodles, broken in pieces
- $\frac{1}{2}$  cup raisins, washed, stemmed
- 3 tablespoons butter
- seasonings to taste

Put rack of veal in a roasting pan and roast in moderate oven for about 45 minutes. While veal is roasting, boil the noodles in salted water for about 15 minutes. Then add the raisins, and boil together for 3 minutes longer. Drain off water. Put noodles, raisins, butter and seasonings in the roasting pan with the veal. Let cook together for about 5 minutes. Then serve.

**VEAL RACK WITH SWEET POTATOES AND TOMATOES**

- 3 pounds veal rack, in 1 piece
- 8 sweet potatoes, peeled
- 4 tomatoes, washed
- 3 tablespoons butter
- $\frac{1}{2}$  cup water
- seasonings to taste

Put all ingredients in a roasting pan. Bake in moderate oven for 50 minutes. Then serve.

All these Recipes are for 4 persons.

**VEAL SHOULDER WITH TURNIPS AND CABBAGE**

- 1 veal shoulder
- 6 turnips, peeled, cut in halves
- 1 cabbage, washed, quartered
- 2 tablespoons butter
- seasonings to taste

Put veal shoulder in a roasting pan and cook in moderate oven for 40 minutes. While the veal is cooking, boil the cabbage and turnips in salted water for 35 minutes. Drain off water. Place cabbage, turnips, butter and seasonings in roasting pan with the veal. Finish cooking together, about 10 minutes. Then serve.

**VENISON WITH PUMPKIN**

- 2½ pounds venison, cut in 4 pieces
- 3 onions, peeled, sliced
- ½ teaspoon nutmeg, grated
- ½ teaspoon cinnamon
- 1 clove of cloves
- 1 pumpkin, small, peeled, sliced
- 3 tablespoons butter
- 2 tablespoons vinegar

Put all ingredients in a kettle. Cover. Let cook slowly for about 45 minutes. Then serve.

**Vegetables****ALL VEGETABLES, BAKED**

- 2 carrots, peeled, quartered
- 2 turnips, peeled, quartered
- 3 beets, peeled, cut in pieces
- 2 onions, peeled, quartered
- 4 tomatoes, cut in halves
- 3 sweet potatoes, peeled, sliced thick
- 3 white potatoes, peeled, sliced thick
- 4 tablespoons butter
- ¾ cup water
- seasonings to taste

Put all ingredients in a large baking dish. Bake slowly in moderate oven for 45 minutes. Then serve.

**All these Recipes are for 4 persons.**

**ARTICHOKES (JERUSALEM) WITH ONIONS, BAKED**

- 2 pounds Jerusalem artichokes, cleaned, pared, washed
- 6 onions, peeled, quartered
- 2 tomatoes, sliced
- 3 cups water
- 3 tablespoons butter
- seasonings to taste

Put all ingredients in a small baking pan. Bake in moderate oven for about 50 minutes, basting occasionally. Then serve.

**ASPARAGUS, TOMATOES AND CHEESE, BAKED**

- 1 bunch asparagus, washed, peeled
- 3 tomatoes, chopped
- 1 cup American cheese, grated
- seasonings to taste—highly seasoned

Boil the peeled asparagus in salted water for about 20 minutes. Remove from water. Place asparagus in a small baking dish, all the tips pointed in the same direction. Mix cheese, seasonings and tomatoes together. Spread the mixture over the asparagus tips. Bake in hot oven for about 8 minutes. Then serve.

**ASPARAGUS WITH EGGS, PAPRIKA AND CHEESE**

- 1 bunch asparagus, washed, peeled
- 2 eggs
- 1 tablespoon paprika
- 1 cup Swiss cheese, grated

Boil the asparagus in salted water for about 20 minutes. Remove from water. Place asparagus in a small baking dish, all the tips in the same direction. Beat the eggs with the paprika and cheese. Spread the mixture over the asparagus tips. Bake in hot oven for about 8 minutes. Then serve.

**BEANS (WAX), BEETS AND BACON**

- 1 pound wax beans, strung
- 6 beets, peeled, quartered
- 1½ pounds bacon, cut in 4 pieces
- ½ teaspoon pepper

Put all ingredients in a kettle. Cover with water to 2 inches above the top of food materials. Cover the kettle. Let boil for 50 minutes. Remove excess water, if any. Then serve.

All these Recipes are for 4 persons.

**BEETS AND CABBAGE**

- 6 beets
- 1 cabbage, washed, shredded
- 5 cups water
- 2 tablespoons butter
- seasonings to taste

Boil the beets in some water for about 10 minutes. Remove the skin under cold water. Slice the beets. In a kettle put the 5 cups water, seasonings, butter, cabbage and beets. Cover. Cook for about 40 minutes. Then serve.

**BEETS AND GRAPEFRUIT**

- 14 beets
- 2 grapefruit, peeled, quartered
- 4 tablespoons butter
- seasonings to taste

Boil the beets in salted water for about 45 minutes. Peel and slice them. Put butter in a sauce pan. When foaming, add the beets and the seasonings. Then add the grapefruit. Let cook 2 minutes. Then serve.

**BEETS AND SWEET POTATOES, CANDIED**

- 6 beets
- 4 sweet potatoes
- 1 cup molasses
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  cup butter
- seasonings to taste

Boil beets in salted water for 30 minutes. Boil sweet potatoes in water for about 20 minutes. Peel beets and potatoes. Slice beets and potatoes in slices of equal thickness. Place in baking or pudding dish. Cover with molasses, butter, water and seasonings. Bake in a moderate oven for about 20 minutes. Then serve.

**CABBAGE, POTTED NEW ENGLAND STYLE**

- 1 cabbage, washed, cut in quarters
- 6 potatoes, peeled
- 4 carrots, peeled
- 4 onions, peeled
- 4 turnips, peeled
- 6 leeks, washed, cleaned
- water
- seasonings to taste

Put all ingredients in a kettle. Cover with water. Put cover on kettle. Cook slowly for 40 minutes. Then serve.

**All these Recipes are for 4 persons.**



**CABBAGE, ROASTED**

- 1 cabbage, large, washed
- $\frac{1}{2}$  cup butter or lard
- 3 cups water
- seasonings to taste

Put all ingredients in a baking pan. Bake in moderate oven for 55 minutes, basting frequently. Serve. The cabbage is a little browned on the outside and of a very pleasing flavor.

**CABBAGE AND SQUASH**

- 1 squash, peeled, sliced
- 1 cabbage, washed, shredded
- 3 tablespoons butter
- 1 cup water
- seasonings to taste

Boil the cabbage in salted water for 20 minutes. Drain off water. Put cabbage, squash, butter and seasonings with the water in a baking dish. Bake in moderate oven for 30 minutes. Then serve.

**CABBAGE (RED) AND APPLES**

- 1 red cabbage, washed, cored, shredded
- 4 apples, peeled, cored, sliced
- 1 tablespoon butter
- 1 teaspoon sugar
- seasonings to taste

Boil cabbage in salted water for 35 to 40 minutes. Drain off water. Put cabbage in stew pan with slices of apple, butter, sugar and seasonings. Cover. Cook about 15 to 20 minutes and serve.

**CABBAGE (RED AND GREEN) WITH BACON**

- 1 red cabbage, washed, quartered
- 1 green cabbage, washed, quartered
- 1 pound bacon, cut in 4 pieces
- $\frac{1}{2}$  teaspoon pepper

Put all ingredients in a kettle. Pour in enough water just to cover. Place cover on top of kettle. Let boil slowly for 50 minutes. Remove excess water, if any. Then serve.

All these Recipes are for 4 persons.

**CARROTS, BAKED AND CANDIED**

- 8 carrots, large, washed
- $\frac{1}{2}$  cup syrup, corn or molasses
- $\frac{1}{2}$  cup water
- 2 tablespoons butter

Bake the carrots in a baking pan in moderate oven for 40 minutes. Peel them and slice them thick. Put water, syrup, butter and carrots in a baking dish. Bake in hot oven for 15 minutes. Then serve.

**CELERY BRAISED WITH POTATOES**

- 2 stalks celery, washed, peeled, cut in large pieces
- 5 potatoes, peeled, sliced
- 1 onion, peeled, chopped
- 1 cup water
- 1 cup milk, scalded
- 1 tablespoon butter
- seasonings to taste

Boil the celery in salted water for about 10 minutes. Place sliced potatoes, milk, water, onion, butter and seasonings in a baking or pudding dish. Drain off water from celery and add celery to the other mixture in the baking dish. Bake in a moderate oven for about 40 minutes. Then serve.

**CELERY, CARROTS AND SWEET POTATOES**

- 1 stalk celery, washed, cut in pieces
- 4 carrots, peeled, cut in halves
- 6 sweet potatoes, peeled, cut in halves
- 1 onion, peeled, sliced
- 3 tablespoons butter
- 2 cups water
- seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for 50 minutes. Then serve.

**CELERY, SWEET POTATOES AND MAPLE SYRUP, BAKED**

- 1 stalk celery, washed, peeled, cut in pieces
- 4 sweet potatoes, peeled
- 1 cup maple syrup
- 1 tablespoon butter
- seasonings to taste

Boil separately in salted water the celery and the sweet potatoes for about 20 minutes. Drain off water. Slice the potatoes. In a baking dish put the celery, potatoes, butter and seasonings. Pour over them the maple syrup. Bake in moderate oven for about 20 minutes. Then serve.

**All these Recipes are for 4 persons.**

**CELERY ROOTS, BEETS AND ONIONS**

- 3 celery roots, peeled, sliced
- 6 beets, peeled, sliced
- 3 onions, peeled, sliced
- 2 tablespoons butter
- 1½ quarts water
- seasonings to taste

Put all ingredients in a kettle. Cover. Let boil for about 45 minutes. Then serve.

**EGG PLANT AND SWEET POTATOES**

- 3 egg plants, each cut in 4 quarters
- 8 sweet potatoes, peeled, cut in halves
- 3 tablespoons butter
- ½ cup water
- seasonings to taste

Put all ingredients in a baking dish. Bake slowly in moderate oven for 50 minutes. Then serve.

**EGG PLANT, STUFFED**

- 3 egg plants
- 2 pounds pork meat (lean and fat), chopped
- 2 onions, peeled, chopped
- ⅓ cup butter
- 1 cup bread crumbs
- seasonings to taste

Mix the chopped pork with the chopped onions, butter and seasonings. Cut the egg plants in halves. With a knife remove part of the white flesh. Chop this white flesh and mix with the pork mixture. Fill the egg plants with the mixture. Cover the top with bread crumbs. Place egg plants in a baking pan. Bake slowly in moderate oven for 40 minutes. Then serve.

**OYSTER PLANT, PAN FRIED**

- 2 bunches oyster plant, washed, peeled, cleaned
- 4 tablespoons butter
- flour

Boil plenty of water with salt. Put in the oyster plant and cook until tender. This requires about 35 minutes. Drain off water. Put butter in a frying pan and let it melt. Dredge oyster plant with flour. Place oyster plant in butter and cook quickly until light brown. Then serve.

**All these Recipes are for 4 persons.**

**OYSTER PLANT AND BRUSSELS SPROUTS, CREAMED**

- 2 pounds oyster plant, washed, scraped, cut in pieces
- 1 pound Brussels sprouts, washed, cleaned
- 1 lemon, juice only
- $\frac{1}{2}$  cup cream
- 2 tablespoons butter
- seasonings to taste

Boil the oyster plants in salted water with the lemon juice for 35 minutes. Remove from water. At the same time boil the Brussels sprouts in salted water for 25 minutes. Remove from water. Put oyster plants, Brussels sprouts, cream, butter and seasonings in a baking dish. Bake in moderate oven for about 15 minutes. Then serve.

**PUMPKIN WITH CRANBERRIES, BAKED**

- 1 pumpkin, washed
- 2 cups cranberries, washed
- seasonings to taste

Open the top of the pumpkin with a knife, making a round opening. Remove as many seeds as possible with a spoon. Fill the cavity with the cranberries and seasonings. Place pumpkin in a baking pan with a little water. Bake very slowly in moderate oven for 50 minutes. Then serve.

**SQUASH AND CELERY ROOTS**

- 1 squash, peeled, quartered, seeded, sliced thick
- 4 celery roots, peeled, quartered
- 1 cup water
- 3 tablespoons butter
- $\frac{1}{4}$  teaspoon nutmeg, grated
- seasonings to taste

Boil the celery roots in salted water for about 10 minutes. Drain off water. Add all other ingredients. Cover. Let cook slowly for about 40 minutes. Then serve.

**SQUASH AND CORN, BAKED**

- 1 Hubbard squash, whole
- 4 cups corn, off the cob
- $\frac{1}{2}$  cup butter
- 4 cups water
- seasonings to taste

Boil water and corn for 10 minutes. Drain off water. In the top of the Hubbard squash make an opening. Pass a spoon through the opening and remove as many seeds as possible, leaving all the flesh intact. Stuff the squash through the opening with the corn, seasonings and butter. Bake in moderate oven for about 45 minutes. Then serve.

All these Recipes are for 4 persons.

## Desserts

### BANANA AND PINEAPPLE BREAD PUDDING

- 3 bananas, peeled, sliced
- 1 cup pineapple, chopped
- 1 cup bread, cut in dice
- 1 cup sugar
- 2 cups milk, scalded
- 2 eggs, beaten

Mix the eggs with the sugar and add gradually the scalded milk. Put bread, bananas and pineapple in a pudding dish. Pour over them the egg, sugar and milk mixture. Set pudding dish in a pan of water. Bake in moderate oven for 45 minutes.

### BANANA, CORNMEAL AND COCOA PUDDING

- 2 bananas, peeled, sliced
- 1 cup cornmeal
- $\frac{1}{2}$  cup cocoa
- 3 cups milk
- $\frac{1}{2}$  cup sugar

Boil together cocoa, milk and sugar. Mix bananas and cornmeal and place the mixture in a pudding dish. Pour over them the cocoa and milk mixture. Let stand for about 5 minutes. Bake slowly in oven for about 45 minutes.

### CAKE PUDDING.

- 6 slices plain cake (without filling or frosting)
- $2\frac{1}{2}$  cups milk, scalded
- $\frac{1}{2}$  cup sugar
- 2 eggs
- 1 teaspoon vanilla extract

Beat the eggs with the sugar and add gradually the scalded milk. Mix well. Add the vanilla extract. Put cake slices in a pudding dish. Pour over them the liquid mixture. Set pudding dish in a pan of water. Bake in moderate oven for about 35 to 40 minutes.

### CHERRY AND BANANA PUDDING

- 1 cup cherries, pitted
- 2 bananas, peeled, sliced
- $\frac{1}{2}$  cup flour
- 2 cups milk, scalded
- 1 cup sugar
- 2 eggs, beaten

Mix the flour and sugar together. Add the beaten eggs, then gradually the scalded milk. Put cherries and bananas in a pudding dish. Pour over them the pudding mixture. Set pudding dish in a pan of water. Bake in moderate oven for 45 minutes.

All these Recipes are for 4 persons.

### CHOCOLATE AND COCOANUT PUDDING

- 2 cups milk, scalded
- $\frac{1}{2}$  cup sugar
- $\frac{3}{4}$  cup chocolate, grated
- $\frac{1}{2}$  cup cocoanut, grated
- 3 eggs

Mix eggs, cocoanut, chocolate, and sugar together. Add slowly the scalded milk. Pour into a pudding dish. Set pudding dish in a roasting pan partially filled with hot water. Bake in moderate oven for about 45 to 50 minutes.

### COCOANUT AND CURRANT PUDDING

- $\frac{1}{2}$  cup cocoanut, grated
- $\frac{1}{2}$  cup currants, red or black, washed, picked
- $\frac{1}{2}$  cup bread crumbs
- 3 eggs, beaten
- $1\frac{2}{3}$  cups milk, scalded
- $\frac{1}{2}$  cup sugar
- 1 teaspoon vanilla extract

Mix together the cocoanut, currants, bread crumbs, sugar, eggs and vanilla extract. Add gradually the scalded milk. Turn into a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for about 45 minutes.

### CURRANT PUDDING

- 1 cup dried currants, washed
- $\frac{1}{2}$  cup flour
- 2 cups milk, scalded
- 1 cup sugar
- 3 eggs

Mix the eggs, sugar, currants and flour together. Add gradually the scalded milk. Pour into a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for about 40 minutes.

### GRAPE NUT PUDDING

- $2\frac{1}{2}$  cups grape nuts
- 3 cups water, boiling
- 3 eggs, beaten
- $\frac{1}{2}$  cup raisins, washed
- $\frac{1}{2}$  cup milk, scalded
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  teaspoon cinnamon
- 1 teaspoon vanilla extract

Mix together the grape nuts, eggs, sugar, raisins, cinnamon and vanilla extract. Add gradually the milk and water. Turn into a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for about 35 minutes.

All these Recipes are for 4 persons.

**KENTUCKY PUDDING**

- 4 eggs, separated
- 1 tablespoon butter, melted
- 2 cups flour
- 1 teaspoon ginger
- 2 tablespoons sugar

Beat together the egg yolks and sugar. Add the flour, melted butter and ginger. Beat the egg whites stiff. Fold them into the mixture. Place pudding mixture in a buttered pudding dish. Bake in moderate oven for about 45 minutes.

**ORANGE AND CORNMEAL PUDDING**

- 1 cup cornmeal
- 2½ cups milk, scalded
- ½ cup sugar
- 3 oranges, peeled, quartered
- 3 eggs

Mix the eggs and sugar with the cornmeal thoroughly. Add the scalded milk gradually. Put the orange quarters in a pudding dish. Pour the cornmeal mixture over the oranges. Set pudding dish in a pan of water. Bake in moderate oven for about 45 minutes.

**QUINCE PUFF**

- 2 quinces, peeled, cored, sliced
- 4 apples, peeled, cored, sliced
- ½ cup sugar
- ½ cup water
- 3 eggs, separated

Cook quinces, apples, sugar and water together for about 30 minutes. Pass through a sieve. Put the mashed fruit in a kettle. Add the egg yolks, mixing well. Let cool for about 2 minutes. Beat the egg whites stiff. Fold them into the mixture. Serve in a baking dish or on a platter when cold.

**RAISINS, BANANA AND VERMICELLI PUDDING**

- 2 cups vermicelli, broken in pieces
- 2 bananas, peeled, sliced
- ⅓ cup raisins, washed
- 2 cups milk, scalded
- ½ cup sugar
- ½ teaspoon vanilla extract

Boil the vermicelli in salted water for about 15 minutes. Drain off water. Mix fruit, sugar and vanilla extract with the vermicelli. Turn into a pudding dish. Pour in the scalded milk. Bake in slow oven for 35 minutes.

All these Recipes are for 4 persons.

**RASPBERRY JAM AND CORNMEAL PUDDING**

- 1 cup cornmeal
- $\frac{1}{2}$  cup raspberry jam
- 3 cups milk, scalded
- 3 eggs, beaten
- $\frac{1}{3}$  cup sugar
- 1 teaspoon vanilla extract

Scald the milk and pour it over the jam. This will melt the jam. Mix well and pour the mixture over the eggs. Add the sugar and flavoring, beating well. Mix in the cornmeal. Turn into a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for 45 minutes.

**RASPBERRY JAM CUSTARD PUDDING**

- 1 cup raspberry jam
- $1\frac{1}{2}$  cups milk, scalded
- 2 eggs, beaten
- $\frac{1}{3}$  cup sugar
- $\frac{1}{2}$  teaspoon lemon extract

Pour the scalded milk over the raspberry jam and mix well. Mix eggs and sugar together. Pour the milk and jam mixture over the eggs and sugar. Add the flavoring. Turn into a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for about 45 minutes.

**RICE AND FIG PUDDING**

- $\frac{1}{2}$  cup rice, washed
- 1 cup figs, chopped
- 2 cups milk, scalded
- $\frac{1}{4}$  cup sugar
- 2 eggs

Boil the rice in salted water for about 15 minutes. Run cold water over it. Mix eggs with sugar. Add slowly the milk. Mix together figs and rice. Place fig and rice mixture in a pudding dish. Pour over them the milk mixture. Bake in a slow oven for about 35 minutes.

**RICE CREAM**

- $1\frac{1}{2}$  cups rice, washed
- 3 cups milk, scalded
- 1 lemon, rind only, grated
- $\frac{1}{3}$  cup sugar
- $\frac{1}{2}$  teaspoon nutmeg
- $\frac{1}{2}$  cup cream, whipped

Scald the milk first and drop into it spoonful by spoonful the rice. Add the lemon rind and nutmeg. Let cook slowly for about 40 minutes. Add the sugar. Pour into glasses and let cool. Serve with whipped cream on top.

All these Recipes are for 4 persons.



**SWEET POTATO AND FIG PUDDING**

- 4 sweet potatoes, peeled, quartered
- 10 figs
- 2 cups milk, scalded
- 3 eggs
- $\frac{1}{2}$  cup sugar

Boil sweet potatoes and figs in salted water for about 25 to 30 minutes. Drain off water. Pass potatoes and figs through meat chopper. Mix together the eggs, sugar and milk. Add this mixture slowly to the potato and fig pulp. Pour into a pudding dish. Set pudding dish in a pan of hot water. Bake in moderate oven for about 25 minutes.

**TAPIOCA AND ORANGE PUDDING**

- $\frac{1}{2}$  cup tapioca
- 2 cups milk, scalded
- 2 eggs
- $\frac{1}{2}$  cup sugar
- 4 oranges, peeled, quartered

Boil tapioca in water for about 15 minutes. Beat the eggs with the sugar. Mix in the tapioca. Add gradually the scalded milk. Put orange quarters in a pudding dish. Pour over them the tapioca mixture. Set pudding dish in a pan of water. Bake in moderate oven for about 40 minutes.

**TEA CUSTARD PUDDING**

- 5 teaspoons tea leaves
- $\frac{1}{2}$  cup boiling water
- 4 eggs
- 2 cups milk, scalded
- $\frac{1}{2}$  cup sugar

Boil the water and pour over the tea leaves. Cover and let stand for about 6 minutes. Drain. Mix tea with sugar and eggs. Add slowly the scalded milk. Mix well. Pour mixture into a pudding dish. Set pudding dish in a pan of water. Bake in moderate oven for about 40 minutes. Then serve.

**VERMICELLI PUDDING**

- 3 cups milk
- 3 eggs
- $\frac{3}{4}$  cup sugar
- 1 cup vermicelli, broken in pieces
- 1 teaspoon vanilla extract

Boil the vermicelli in salted water for about 18 minutes. Drain off water. Let cold water run on the vermicelli until vermicelli is cold. Mix together eggs and sugar. Add to them slowly the milk, then the flavoring extract. Mix the vermicelli into this custard with a fork. Fill pudding dish with the vermicelli custard. Set pudding dish in a baking pan partially filled with boiling water. Bake in moderate oven for about 30 to 35 minutes.

All these Recipes are for 4 persons.

## Over 1 Hour Recipes

The preparation and cooking of the dishes for which the recipes are given in this section take over 1 hour. There are 55 recipes and they are divided as follows:

Soup Recipes .....	10
Meat and Entree Recipes .....	30
Vegetable Recipes .....	10
Dessert Recipes .....	5
	<hr/>
Total Recipes .....	55

No Egg Recipes are given in this section, as any egg dish can be cooked in less than 30 minutes. There are also no Fish Recipes in this section, as all fish can be cooked in less than 45 minutes.

### Soups

#### BEAN (NAVY, LIMA AND STRING) SOUP

- 3 cups navy beans (soaked 10 hours)
- 1 cup lima beans, shelled
- 1 cup string beans, strung, cut in pieces
- 1 onion, peeled, chopped
- 8 cups water
- seasonings to taste

Boil slowly together the water, navy beans, onion, lima beans and seasonings for  $1\frac{1}{4}$  hours. Add the string beans and cook for about  $\frac{1}{2}$  hour longer. Then serve. If too thick, add more water and bring to a boil before serving.

#### BEAN (RED) CREAM SOUP WITH NOODLES

- 4 cups red beans (soaked 12 hours)
- 1 cup noodles, broken in pieces

Boil the red beans in salted water for  $1\frac{1}{2}$  hours. Pass through a sieve, leaving plenty of water. Put this bean puree back in a kettle and add the noodles. Let cook for about 30 minutes. Stir occasionally to prevent scorching.

#### BEEF, BARLEY AND CARROT SOUP

- $1\frac{1}{2}$  pounds beef round, cut in small dice
- 4 carrots, peeled, sliced
- $1\frac{1}{2}$  cups barley
- 8 cups water
- 1 onion, peeled, sliced
- seasonings to taste

Put all ingredients in a stew pan and cook slowly for about  $1\frac{1}{2}$  hours. Then serve.

All these Recipes are for 4 persons.

**CABBAGE AND BEAN SOUP**

- 4 cups navy beans (soaked 10 hours)
- 1 cabbage, washed, shredded
- 2 carrots, peeled, sliced
- 1 onion, sliced
- seasonings to taste

Boil beans, cabbage, carrots, seasonings and onions together for 1½ hours in water. Beat with a whip to a thick soup. If too much water is left remove excess. Then serve.

**PEA (DRIED) AND BOSTON BEAN SOUP**

- 2 cups dried peas (soaked 6 hours)
- 2 cups Boston beans (soaked 10 hours)
- 1 onion, peeled, chopped
- 10 cups water
- 2 tablespoons butter
- seasonings to taste

Boil slowly together the water, dry peas, Boston beans, onion and seasonings for about 1½ hours. Add the butter, then serve. If too thick, add more water and bring to a boil before serving.

**PEA (DRIED) AND SPINACH SOUP**

- 5 cups dried peas (soaked 6 hours)
- 1 pound spinach, washed, cleaned, stemmed
- 1 onion, peeled
- 3 quarts water
- seasonings to taste

Boil slowly all ingredients together until peas are cooked. This will take 1½ hours. Pass through a sieve. Bring to a boil and serve.

**PHILADELPHIA PEPPER POT**

- ½ pound honeycomb tripe, cut in strips or cubes
- 3 onions, peeled, sliced
- ½ stalk celery, washed, peeled, chopped
- 3 green peppers, seeded, cut in cubes
- 3 red peppers, seeded, cut in cubes
- 2 quarts water
- 2 tablespoons butter
- 1 cup potatoes, peeled, diced
- 1 cup cream
- seasonings to taste

Put all ingredients together, except cream, in a kettle and bring to a boil. Cover. Let boil gently for about 1¼ hours. Add the cream and boil 5 minutes longer. Then serve.

All these Recipes are for 4 persons.

**SCOTCH LAMB BROTH**

- 1½ pounds lamb, saddle or leg, cut in small dice
- 2 carrots, peeled, diced
- 1 turnip, peeled, diced
- 1 cup barley
- 8 cups water
- seasonings to taste

Boil all ingredients slowly for about 1½ hours. Then serve.

**SPINACH AND NAVY BEAN SOUP**

- 4 cups navy beans (soaked 10 hours)
- 1 pound spinach, washed, cleaned
- 3 quarts water
- seasonings to taste

Put all ingredients in a kettle and boil slowly for about 2 hours. Pass through a sieve. Boil for about 1 minute. Then serve.

**TURNIP, ONION AND RICE SOUP**

- 1½ cups rice, washed
- 2 turnips, washed, quartered
- 4 onions, peeled
- 7 cups water
- 1 cup milk, scalded
- seasonings to taste

Boil all ingredients together, except milk, slowly for 1½ hours. Mash well with a potato masher, add scalded milk and serve. If too thick, add more scalded milk.

**Eggs**

No Egg Recipes are included in this section, as egg dishes can be cooked in less than 30 minutes.

**Fish**

No Fish Recipes are included in this section, as fish can be cooked in less than 45 minutes.

**All these Recipes are for 4 persons.**

## Meats and Entrees

### BEEF TONGUE BRAISED WITH LENTILS

- 1 pound lentils, picked, washed (soaked 6 hours)
- 1 beef tongue, fresh, not smoked
- 2 onions, peeled, whole
- 1 carrot, peeled, whole
- 2½ quarts water
- seasonings to taste

Put all ingredients together in a kettle. Cover. Let cook slowly for about 2 hours. Then serve. The water will be almost entirely absorbed by the lentils.

### BEEF BRAISED WITH VEGETABLES AND OLIVES

- 3½ pounds beef round, whole piece
- ½ cup lard
- 3 tomatoes, chopped
- 4 carrots, peeled, quartered
- 2 turnips, peeled, quartered
- 6 onions, peeled, quartered
- 1 cup olives, pitted
- 1½ quarts water
- 1 tablespoon flour
- seasonings to taste

Brown the piece of beef in frying pan with the lard. Remove beef from the pan. Place in a kettle. Put carrots, onions, and turnips in frying pan and fry slowly until light brown. Remove vegetables with a skimmer and put vegetables in the kettle with the beef. Add the flour to the fat and mix together until brown. Add the water and seasonings. Let boil for about 2 minutes. Strain through a strainer. Place gravy in the kettle and add the olives and tomatoes. Cover and let cook slowly for about 1½ hours.

### BEEF, MEXICAN BRAISED

- 5 pounds beef round, whole piece
- 4 green peppers, seeded, cut in pieces
- 3 cups red beans (soaked 8 hours)
- 6 onions, peeled, sliced
- ½ clove garlic
- 6 tomatoes, cut in quarters
- 6 cups water
- lard
- seasonings to taste

Brown the beef on both sides in the lard. Put beef in kettle with all other ingredients. Cover. Cook slowly for about 1 hour on the stove, then for 2 hours in the oven. Then serve.

**All these Recipes are for 4 persons.**

**DUCK BRAISED WITH CHERRIES**

- 1 duck
- 4 cups cherries, washed, pitted
- 3 tablespoons butter
- 2 cups water
- seasonings to taste (highly seasoned)

Place duck and other ingredients in a double roaster. Put in a moderate oven and bake for 1½ hours. Then serve.

**FLANK STEAK WITH VEGETABLES, BOILED**

- 4 to 5 pounds flank steak, in 1 piece
- 6 carrots, peeled
- 6 turnips, peeled
- 6 onions, peeled
- 2 parsnips, peeled
- water
- seasonings to taste

Put all ingredients in a kettle. Cover with water to 4 inches above the top of food materials. Bring to a boil. Place cover on kettle and boil slowly until meat and vegetables are tender, about 2 hours. Then serve.

**GOOSE WITH LENTILS**

- 1 goose, cut in pieces
- 8 cups lentils (soaked 6 hours)
- 3 onions, peeled
- 2 carrots, peeled
- water
- seasonings to taste

Put all ingredients in a kettle. Cover with water. Let cook slowly for 1½ hours. Add boiling water from time to time as water evaporates. Then serve.

**GOOSE WITH NAVY BEANS**

- 1 goose
- 5 cups navy beans (soaked 8 hours)
- 1 carrot, peeled
- 1 onion, peeled
- seasonings to taste

Put goose in a roasting pan and roast in moderate oven for 1½ hours. While the goose is roasting, boil the beans, carrot, onion and seasonings in water for about 1½ hours. Drain off water. Place beans around the goose in the roasting pan. Finish cooking together, about 15 minutes. Then serve.

**All these Recipes are for 4 persons.**

**LAMB LEG WITH LENTILS**

- 1 leg of lamb
- 2 tablespoons butter
- 4 cups lentils (soaked 6 hours)
- 1 onion, peeled
- 1 carrot, peeled
- seasonings to taste

Roast the leg of lamb in a roasting pan in moderate oven for about 50 minutes. While lamb is roasting, boil the lentils, carrot and onion in salted water for 55 minutes. Drain off water. Add lentils, butter and seasonings to the lamb in the roasting pan. Let cook together for about 15 minutes. Then serve.

**LAMB LEG WITH TOMATOES AND SWEET POTATOES**

- 1 leg of lamb
- 8 sweet potatoes, peeled, sliced
- 4 tomatoes, sliced
- 3 tablespoons butter
- seasonings to taste

Put leg of lamb in a roasting pan and roast in moderate oven for about 35 minutes. Put butter, sweet potatoes, tomatoes and seasonings in the roasting pan around the lamb. Let cook together for about 40 minutes. Then serve.

**LAMB'S HEART LOAF**

- 2 lambs' hearts, passed through meat chopper
- 3 cups bread crumbs
- 1 onion, peeled, chopped
- 2 eggs
- seasonings to taste

Mix all ingredients together thoroughly. Place mixture in a washed cheesecloth. Roll and tie both ends with a string. Boil slowly for 1 hour in salted water. Remove from water, untie loaf and take off the cheesecloth. Then serve. Any sauce can be served with the loaf.

**LAMB'S HEART (STUFFED) AND CABBAGE**

- 2 lambs' hearts
- 2 cups sausage meat
- 1 cabbage, washed, leaves separated
- 4 cups water
- seasonings to taste

Open lambs' hearts at the top (larger aperture). Fill with sausage meat. Place hearts in cheese cloth (washed) and tie cloth with a string. Place in kettle. Add cabbage leaves, water and seasonings. Cover and let cook for about 55 minutes. Drain off excess water, if there is any left. Untie cheese-cloth bag and remove hearts. Serve on the cabbage.

**All these Recipes are for 4 persons.**

**LAMB'S LUNGS AND RED CABBAGE**

- 1 red cabbage, washed, shredded
- 2½ pounds lamb's lungs, cut in slices
- 2 cups water
- 1 cup vinegar
- 1 onion, peeled, sliced
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook slowly for about 1 hour. Then serve.

**MEAT PUDDING**

- 2 cups meat (veal, lamb or beef), passed through meat chopper
- ½ cup parsley, chopped
- 1 onion, peeled, chopped
- 4 potatoes, peeled, chopped
- 2 cups bread crumbs
- 3 eggs
- ½ cup flour
- 1 teaspoon nutmeg
- seasonings to taste

Mix all ingredients together. Place in a cheese cloth or a towel. Roll in roller shape. Tie up both ends with a string. Boil in water for about 1 hour. Then serve.

**MUTTON LEG BOILED WITH RED BEANS**

- 1 leg of mutton
- 6 cups red beans (soaked 8 hours)
- water
- seasonings to taste

Place all ingredients in a kettle. Cover with water to 4 inches above the leg of mutton. Cover. Boil slowly until mutton is cooked, allowing about 20 minutes of boiling for each pound of meat.

**OX TAIL WITH BARLEY AND PAPRIKA**

- 2 ox tails, cut in pieces
- 3 cups barley, washed
- 6 cups water
- 1 tablespoon paprika
- 1 onion, peeled, chopped
- 1 carrot, peeled, chopped
- seasonings to taste

Put all ingredients in a kettle. Cover. Let cook very slowly for about 1½ hours. Then serve.

All these Recipes are for 4 persons.



**PIG'S KNUCKLES WITH RED CABBAGE AND RAISINS**

- 4 pig's knuckles
- 2 red cabbages, cored, cut in pieces, washed
- 1 cup raisins, washed, stemmed
- seasonings to taste

Put cabbages, pig's knuckles and seasonings in a kettle. Cover with water to 2 inches above top of food materials. Place cover on kettles. Cook slowly for about 1 hour. Add the raisins and cook about 6 to 8 minutes longer. Then serve.

**PORK IRISH STEW**

- 2½ pounds pork, leg or shoulder, cut in large squares
- 1½ cabbages, washed, cored, cut in large pieces
- 4 carrots, peeled, quartered
- 4 turnips, peeled, quartered
- 6 onions, peeled, quartered
- 6 potatoes, peeled, quartered
- water
- seasonings to taste

Put all ingredients, except the potatoes, in a kettle. Cover with water. Place cover on kettle and cook for about 45 minutes. Add the potatoes and let boil until potatoes are cooked. Then serve.

**PORK LEG AND YORKSHIRE PUDDING**

- 1 leg of pork
- ingredients for Yorkshire pudding (see p. 52)

Put the leg of pork in a roasting pan. Roast in oven for about 1¼ hours. Then add Yorkshire pudding, and finish cooking with the pudding mixture.

**LEG OF PORK WITH POTTED VEGETABLES**

- 1 leg of fresh pork
- 6 carrots, peeled
- 6 turnips, peeled
- 4 onions, peeled
- 1 cabbage, cored, cut in quarters
- water
- seasonings to taste

Put all ingredients in a kettle. Cover with water. Place cover on kettle. Cook slowly for 2 hours. Then serve.

All these Recipes are for 4 persons.

**PORK SHOULDER WITH POTATOES, TOMATOES AND VINEGAR**

- 1 shoulder of pork, fresh
- 10 potatoes, peeled, sliced
- 4 tomatoes, sliced
- $\frac{1}{2}$  cup vinegar
- seasonings to taste

Put shoulder of pork in a roasting pan. Roast in moderate oven for about 35 minutes. Put potatoes, tomatoes, vinegar and seasonings in the roasting pan around the pork. Let cook slowly together for about 40 minutes. Then serve.

**PORK SHOULDER WITH RED BEANS**

- 1 shoulder of pork, fresh
- 6 cups red beans (soaked 8 hours)
- 1 carrot, peeled
- 2 onions, peeled
- seasonings to taste

Put all ingredients in a kettle. Cover with water. Bring to a boil. When boiling, place cover on kettle. Let boil until beans are cooked—usually  $1\frac{1}{2}$  hours will be sufficient. If the red beans absorb the water too quickly, add a little more boiling water.

**PORK SMOKED SHOULDER WITH DRIED PEAS**

- 1 smoked shoulder of pork (soaked 10 hours)
- 6 cups dried peas (soaked 6 hours)
- water

Place pork and peas in a kettle. Cover with water to 5 inches above the shoulder of pork. Cover. Boil slowly until shoulder of pork is tender, allowing about 25 minutes of boiling for each pound of pork.

**PORK SPARE RIBS WITH CABBAGE AND CARROTS**

- 5 pounds of spare ribs (soaked 5 hours)
- 2 cabbages, washed, cored, cut in pieces
- 5 carrots, peeled, sliced thick
- seasonings to taste (very little salt)

Put all ingredients in a kettle. Cover with water to 3 inches above top of food materials. Place cover on kettle. Let cook slowly for about  $1\frac{1}{4}$  hours. Then serve.

All these Recipes are for 4 persons.

**PORK WITH PARSNIPS**

- 2½ pounds pork, leg, shoulder or loin
- 12 parsnips, peeled
- 2 carrots, quartered
- 2 onions, peeled
- water
- seasonings to taste

Put all ingredients together in a kettle. Pour in enough water just to cover. Cover and let boil for about 1 hour. Then serve.

**SAVORY STEAK**

- 2½ pounds beef, rib or sirloin
- 4 onions, peeled, quartered
- 2 tablespoons butter
- 2 tablespoons flour
- 4 carrots, peeled, quartered
- 2 cups water
- 4 tomatoes, chopped
- ¼ teaspoon ground cloves
- bay leaves
- thyme
- 3 tablespoons vinegar
- seasonings to taste

Brown the meat and vegetables in the butter in a frying pan. Sprinkle with the flour. Remove meat and vegetables from frying pan. Put meat and vegetables in a kettle. Add all other ingredients. Cover. Let cook slowly for about 1 hour. Then serve.

**SUCKLING PIG WITH RED GRAPES**

- 1 suckling pig
- 6 cups red grapes, stemmed
- 2 cups water
- seasonings to taste

Put suckling pig in a roasting pan. Roast in oven slowly for about ½ hour. Add the water, grapes and seasonings. Finish roasting the pig with the grapes, about 45 minutes. Remove pig from roasting pan and place on large dish or tray. Press the juice, fat and grapes through a strainer with a wooden spoon. Pour over the pig. The gravy will be thick and of a pink color.

All these Recipes are for 4 persons.

**TONGUE WITH BRUSSELS SPROUTS**

- 1 smoked or fresh beef tongue
- 3 onions, peeled, quartered
- 1 carrot, peeled, quartered
- 3 tablespoons butter
- 2 pounds Brussels sprouts
- seasonings to taste

Boil the tongue in salted water for about 1 hour. Drain off water. Add all other ingredients. Add just enough water to cover. Place cover on kettle. Let cook slowly for about 45 minutes. Then serve.

**TRIBE WITH POTATOES AND PARSLEY**

- 1½ quarts water
- 2½ pounds honeycomb tripe, cut in strips
- 2 onions, peeled, sliced
- 6 potatoes, peeled, sliced
- 1 cup parsley, chopped
- 2 tablespoons butter
- seasonings to taste

Put in a kettle together the water, tripe, onions, butter and seasonings. Cover. Let boil slowly for about 1¼ hours. Add the potatoes and the parsley. Cover again and let cook for about 20 minutes. Then serve.

**TRIBE WITH VEGETABLES**

- 3 pounds honeycomb tripe, cut in pieces
- 6 carrots, peeled, quartered
- 6 onions, peeled, quartered
- 6 tomatoes, quartered
- 1 clove garlic
- 1½ quarts water
- seasonings to taste

Wash the tripe until water is clear. Put all ingredients together in a kettle. Cover. Cook slowly for about 2 hours. Then serve.

**VENISON QUARTER WITH APPLES AND CARRAWAY SEEDS**

- 8 to 10 pounds of venison
- 6 onions, peeled, sliced
- 8 apples, peeled, cored, quartered
- 1 tablespoon carraway seeds
- 2 tablespoons butter
- 1 cup water
- seasonings to taste

Mix together apples, onions, carraway seeds, butter and seasonings. Place the venison in a roasting pan and cover with the mixture. Add the water and cook slowly in a moderate oven. The time of cooking depends on the age of the venison, but 15 minutes to each pound of venison usually is sufficient.

All these Recipes are for 4 persons.

## Vegetables

### ARTICHOKES WITH ONIONS

- 5 artichokes
- 6 onions, peeled, quartered
- 1 cup oil
- 1 clove garlic, peeled, chopped
- 2 bay leaves
- 1 cup water
- seasonings to taste

Cut the artichokes in quarters and boil them for 10 minutes in salted water. Remove the inedible pulpy part of the bottom with the hairs, but not the base. Place the remainder in a stew pan and add the onions, oil, garlic, water, bay leaves and seasonings. Cover. Cook slowly until tender, about 55 minutes to 1 hour. Serve without straining. The onions will have thickened the juice in cooking.

### BEANS (NAVY) WITH SALT PORK AND TOMATOES

- 5 cups navy beans (soaked 10 hours)
- 2 pounds salt pork, cut in 4 pieces
- 1 onion, peeled
- 1 carrot, peeled
- $\frac{1}{2}$  teaspoon pepper

Place all ingredients in a kettle. Boil in water for about 2 hours. Drain off water and serve.

### BEANS (STRING), BACON AND RED CABBAGE

- 2 pounds string beans, strung
- 1 red cabbage, washed, shredded
- 1 onion, peeled, sliced
- 1 pound bacon, cut in 4 pieces
- water
- seasonings to taste

Put all ingredients in a kettle with enough water to cover. Place cover on kettle and cook slowly for  $1\frac{1}{2}$  hours. Then serve.

### BEETS WITH MAPLE SYRUP

- 8 beets, washed
- $\frac{1}{2}$  cup maple syrup
- 4 tablespoons butter
- seasonings to taste

Bake the beets in moderate oven for about 45 to 50 minutes. Remove beets from oven and peel and slice them. Put beets, butter, maple syrup and seasonings in a baking dish. Bake in moderate oven for about 15 minutes. Then serve.

All these Recipes are for 4 persons.

**CABBAGE, WHOLE, STUFFED**

- 1 cabbage, whole
- 3 pounds sausage meat
- water

Boil the cabbage whole in salted water for about 8 minutes. Let cold water run over it. Separate each cabbage leaf from the core. Spread some sausage meat on each leaf. When this is done, place the leaves on top of each other, forming into the original cabbage. Place in a towel and press tightly in round form. Tie the top of the towel with a string. Boil in salted water for about 1½ hours. Untie the towel and serve the cabbage on a round dish.

**CABBAGE (RED) BAKED WITH CURRANTS**

- 1 red cabbage, cored, quartered
- 4 cups red currants, washed
- 3 cups water
- 2 tablespoons butter
- seasonings to taste (highly seasoned)

Place all ingredients in a stew pan. Cover. Let cook slowly until tender, about 1½ hours.

**CARROT DUMPLING, BAKED**

- 8 carrots, peeled, quartered
- 2½ cups flour
- 5 teaspoons baking powder
- ½ cup milk
- 1 tablespoon butter
- pinch of salt

Boil carrots in salted water for about 30 minutes. Drain off water. Mash with potato masher. Add butter. Mix together flour, baking powder, milk and salt. Add the carrots and pour out on floured pastry board. Shape the dumplings in a round form. Place dumplings in a greased roasting pan half filled with boiling water. Bake in moderate oven for about 20 minutes.

**CHESTNUTS AND TOMATOES**

- 2 pounds chestnuts
- 4 tomatoes, sliced
- 2 tablespoons butter
- seasonings to taste

Boil the chestnuts in water for about 40 minutes. Remove from water. Remove shells and brown skin. Put tomatoes, butter and seasonings in a stew pan. Cover. Let cook for 2 minutes. Add the chestnuts and let cook very slowly for about 20 minutes. Then serve.

All these Recipes are for 4 persons.

**LENTILS AND LIMA BEANS**

- 3 cups lentils (soaked 6 hours)
- 2 cups lima beans, shelled
- 1 onion, peeled
- 1 carrot, peeled
- 3 tablespoons butter
- seasonings to taste

Boil the lentils, carrot and onion in salted water for 45 to 50 minutes. Remove from water. While the lentils are cooking, boil the lima beans in salted water for 25 minutes. Drain off water. Remove carrot and onion from lentils. Mix lentils, lima beans and seasonings. Place them in a stew pan. Add the butter and let cook very slowly for about 10 minutes. Then serve.

**MACARONI BAKED IN MILK**

- 4 cups macaroni, broken in pieces
- 3 cups milk, scalded
- 2 tablespoons butter
- seasonings to taste

Boil the macaroni in salted water for 5 minutes. Drain off water. Put macaroni, milk, butter and seasonings in a baking dish. Bake very slowly in a moderate oven for 1 hour. Then serve. The milk will be absorbed entirely by the macaroni.

**Desserts****APPLE AND PEAR SPONGE**

- 4 apples, peeled, cored, quartered
- 6 pears, peeled, cored, quartered
- 2 cups milk, scalded
- 3 eggs, beaten
- $\frac{1}{2}$  cup flour
- 1 cup sugar

Place apples and pears in a sauce pan with two tablespoons water. Cover and boil slowly for about 8 minutes. Mash together with a potato masher. Add the sugar. Mix the eggs with the flour and add the milk slowly. Put apple mixture in a pudding dish. Pour over it the milk, egg and flour batter. Bake slowly in moderate oven for about 45 minutes.

All these Recipes are for 4 persons.

**BARLEY PUDDING**

- 2 cups barley, washed
- 5 cups water, boiling
- 1 cup milk, scalded
- 4 eggs
- 1 cup sugar
- 1 teaspoon lemon extract
- salt

Boil the barley in the water with salt for about 40 minutes. Mix eggs, sugar and lemon extract together. Add gradually the milk and mix well. Mix milk and egg mixture with the barley. Pour into baking dish. Set baking dish in a pan of water. Bake in moderate oven for about 30 to 35 minutes.

**CHERRY, PLUM AND APRICOT PUDDING**

- $\frac{1}{2}$  cup plums, pitted, chopped
- 3 cups cherries, pitted, chopped
- 3 cups apricots, pitted, chopped
- 2 cups bread crumbs
- 1 cup flour
- $\frac{1}{2}$  cup water
- 1 teaspoon cinnamon
- 1 cup sugar
- 3 eggs
- 1 clove

Mix all ingredients together. Put in cheese cloth and shape round. Tie cheese cloth. Boil in water slowly for about  $1\frac{1}{4}$  hours. Remove pudding from cheese cloth. Then serve.

**CORN AND RAISIN PUDDING, STEAMED**

- 3 cups corn, off the cob
- 2 cups raisins, cleaned
- 2 cups bread crumbs
- 1 cup milk, scalded
- 3 eggs, beaten
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup flour

Boil corn in salted water for about 20 minutes. Drain off water. Mix together eggs, bread crumbs, flour, sugar, milk and raisins. Add the corn. Place in a cheese cloth. Tie with a string. Place in a double boiler. Steam for about 50 minutes. Remove pudding from cheese cloth. Then serve.

All these Recipes are for 4 persons.



**PINEAPPLE, STUFFED**

- 1 pineapple, fresh
- 2 eggs
- 2 cups milk, scalded
- $\frac{3}{4}$  cup flour
- 1 cup sugar
- 1 teaspoon vanilla extract

Mix together eggs, flour and sugar. Add slowly the milk. Put mixture in a stew pan, place on fire and stir constantly until it boils. Add vanilla extract. Remove from fire. Cut off the top of the pineapple. With a spoon or a knife remove all the meat of the pineapple. Chop pineapple meat fine, mix with the cream-like mixture. Fill the empty pineapple with the mixture. Bake slowly in slow oven for about 15 minutes.

**All these Recipes are for 4 persons.**

# Leftovers

The recipes in this section are intended to help the housewife to prepare new dishes from foods which have been left from a previous meal. Of course it is impossible for the author of this book to know exactly how much any housewife would have left over. These recipes, therefore, do not call for exact amounts of ingredients. In most of the recipes the proportions are left to the taste of the individual, as the amount of each ingredient used is totally unimportant. In some cases, where proportions are necessary for successful dishes they are given in terms of other ingredients in the same recipe. For example, in making Potato, Tomato and Onion Soup the directions are to use 3 times as much water as potato. The recipe does not depend on there having been exactly one cup of potatoes left from a previous meal. It makes no difference how much was left. All that is necessary is to use the correct amount of water in proportion to the actual amount of leftover potatoes.

These leftover recipes will also be found useful as suggestions. Many similar recipes may be made by changing the ingredients used.

## Practical Hints

Never subject leftover for a long time to high heat; but remember that slow cooking is sometimes necessary to soften fibers or to blend flavors.

When possible let a hot sauce do most of the heating for meat.

Generally leftovers need more seasoning than freshly cooked food.

Eternal vigilance is the price of health in using leftovers.

Food, if left over, should be put on clean platters and set away for your inspection next day.

## ALL FRUIT DISH

fruits (leftover), any kind, raw, peeled, quartered

sugar

butter

water, small amount

In a pudding dish place the fruits mixed with sugar and butter. Add the water. Bake in moderate oven for 35 minutes.

## APPLE SAUCE, BREAD CRUMB AND JAM PUDDING

apple sauce (leftover)

bread crumbs

jam, any kind of flavor

milk

egg

sugar

Mix egg and milk and pour them over the bread crumbs. Add sugar, jam and apple sauce. Fill a pudding dish with the mixture. Bake in moderate oven for 30 minutes.

**BEEF AND POTATO STEAK**

beef (leftover) passed through meat grinder  
potatoes, peeled, passed through meat grinder  
egg  
butter  
seasonings to taste

Mix beef, potatoes, seasonings and egg together. Place in a buttered frying pan. Bake in moderate oven for about 25 minutes. From time to time press down with a pancake turner. Use equal amounts of beef and potatoes for the best results.

**BEEF (CORNEDED) WITH TURNIPS**

corned beef (leftover), cooked, cut in small pieces  
turnips, peeled, sliced  
butter  
water  
seasonings to taste

Put corned beef, turnips, butter and seasonings in a sauce pan. Cover with water. Boil slowly until turnips are cooked, about 35 minutes. Add more water if evaporation takes place too rapidly.

**BEEF DISH—COLD**

4 to 6 slices of cold roast or boiled beef (leftover)  
1 small onion  
½ cup French dressing (see p. 49)  
4 small pickles

Chop onion and pickles fine and mix with the French dressing. Place the slices of beef on a platter and pour over them the sauce.

**BEEF WITH ONIONS AND EGGS**

beef (leftover), cooked, passed through meat grinder  
onions, peeled, chopped  
eggs, beaten  
butter  
seasonings to taste

Mix onions, beef and seasonings. Put butter in frying pan. Fry quickly beef and onions, about 3 minutes. Pour over them the beaten eggs. Put frying pan in moderate oven and bake for 5 minutes.

**BEEF WITH ONIONS AND VINEGAR**

beef (leftover), boiled, sliced  
onions, peeled, sliced  
butter  
vinegar  
seasonings to taste

Fry onions in butter until golden brown. Add seasonings and vinegar. Put sliced boiled beef in a baking dish. Cover with the onions and vinegar. Bake in moderate oven for 15 minutes.

**BEEF WITH POTATOES AND ONION**

beef (leftover), cooked, sliced  
onion, peeled, sliced  
potatoes, boiled for 10 minutes, peeled, sliced  
butter  
seasonings to taste

Put butter in frying pan. When foaming, add beef, onion, potatoes and seasonings. Cook for about 5 minutes. Then put frying pan in oven and finish cooking, about 10 minutes.

**BEETS, POTATOES AND BACON**

potatoes (leftover), cooked, peeled, sliced  
beets (leftover), cooked, peeled, sliced  
bacon, cut in pieces  
butter, very little  
seasonings to taste

Place all ingredients in a frying pan and cook slowly for 5 minutes, until bacon becomes crisp.

**BOSTON BAKED BEAN LOAF**

Boston baked beans (leftover), passed through meat grinder  
onion, peeled, chopped fine  
bread crumbs  
egg, whole, or leftover white  
tomato ketchup  
seasonings to taste

Mix all ingredients together and shape into a loaf. Place in a small buttered baking pan. Bake in moderate oven for about 25 minutes.

**BREAD AND APPLE PUDDING**

bread (leftover), diced  
apples, peeled, cored, sliced  
milk, scalded  
sugar

Mix apples with the sugar and add the bread. Put mixture in a pudding dish. Pour in enough milk, scalded, to cover. Bake in moderate oven for 30 minutes. Use an equal amount of apples and bread.

**BRUSSELS SPROUTS AND POTATOES**

Brussels sprouts (leftover), cold boiled and chopped in  
large pieces  
potatoes, boiled, peeled, chopped  
butter  
seasonings to taste

Mix together Brussels sprouts and potatoes. Season. Put in frying pan with butter and fry slowly.

**BRUSSELS SPROUTS AND VERMICELLI**

Brussels sprouts (leftover), cooked  
vermicelli, broken in pieces  
a little water  
butter  
seasonings to taste

Boil the vermicelli in salted water for about 15 to 20 minutes. Drain off water. Add the Brussels sprouts, a little water, butter and seasonings to the vermicelli. Put in all ingredients in a sauce pan and let cook for 5 minutes, stirring occasionally.

**CABBAGE AND PEAR SALAD**

cabbage (leftover), cooked, chopped  
pears, peeled, cored, sliced  
mayonnaise dressing (see p. 50)

Mix all ingredients together. Serve as salad.

**CABBAGE, EGG AND CHEESE**

cabbage (leftover), cooked, chopped  
egg, hard boiled, shelled, sliced  
American cheese, grated  
butter  
seasonings to taste

Put butter in a frying pan. When melted, add cabbage and seasonings. Let cook for 3 minutes. Stir in the grated cheese. Serve with slices of egg on top.

**CARROT AND CELERY SALAD**

carrots (leftover), cooked, sliced  
celery, washed, peeled, cut in strips  
French dressing (see p. 49)

Mix all ingredients together. Let stand about  $\frac{1}{2}$  hour before serving.

**CARROT MARMALADE**

carrots (leftover), cooked, passed through meat chopper  
sugar  
water, very little

Mix the carrots with the sugar and water. Cook until thick. Watch and stir carefully to prevent burning. Serve as marmalade. If marmalade seems too sweet, add a little lemon juice.

**CALF'S LIVER AND BACON HASH**

calf's liver (leftover)  
bacon (raw)  
onion  
butter

Chop onion very fine. Chop bacon and calf's liver together. Mix onion, bacon and liver together and season to taste. Put in a frying pan with a little butter, and fry not too quickly until brown.

**CALF'S LIVER WITH ONIONS AND POTATOES**

calf's liver (leftover), cooked, passed through meat grinder  
onions, peeled, chopped  
potatoes, peeled, passed through meat grinder  
butter  
seasonings to taste

Use an equal amount of potatoes and calf's liver. Mix calf's liver, onions and potatoes together. Season. Put butter in a frying pan. When foaming, put mixture in frying pan. Put frying pan in moderate oven and bake for 25 minutes.

**CELERY, MEAT AND TOMATOES**

celery (leftover), cooked, in good sized pieces  
meat, any kind (leftover), cooked, sliced thin  
tomatoes, sliced  
butter  
seasonings to taste

Fill a baking dish with meat, tomatoes, celery and seasonings. Place pieces of butter on top. Bake in moderate oven for 30 minutes. Then serve.

### CEREAL AND TOMATOES

cereal (leftover), any kind, cooked  
tomatoes, chopped, same amount as cereal  
butter  
seasonings to taste

Crumb or mash the cereal while cold, and add butter, chopped tomatoes and seasonings. Put in buttered pudding dish. Bake in moderate oven for 25 minutes. Serve as a vegetable.

### CHICKEN AND EGG PUDDING

chicken (leftover), cooked, passed through meat grinder  
onion, peeled, chopped fine  
eggs  
milk, scalded  
seasonings to taste

Beat the eggs, and add the seasonings, onion, milk and chicken. Mix well. Pour into pudding dish and bake in moderate oven for 30 minutes. Use 2 eggs and 1 cup of milk for each cup of chopped chicken meat.

### CHICKEN AND HAM STEAK

chicken (leftover), cooked, chopped  
ham (leftover), cooked, chopped  
flour  
eggs, 1 egg for 2 tablespoons flour  
butter  
seasonings to taste

Mix flour with eggs. Add the seasonings, chicken and ham and mix well together. Put butter in frying pan. When butter is melted, pour the chicken and ham mixture into the pan. Put pan in moderate oven and bake for 6 to 8 minutes.

### CHICKEN AND OLIVE PANCAKE

chicken (leftover), cooked, chopped  
olives, pitted, chopped  
butter  
milk  
flour  
eggs, 1 egg for 3 tablespoons flour and  $\frac{1}{2}$  cup milk  
seasonings to taste

Mix eggs, flour, milk and seasonings. Add the chicken and olives. Put mixture in a buttered frying pan. Place frying pan in moderate oven and bake for about 10 minutes. This mixture must be rather thin before it is put in the frying pan.

**CHICKEN AND MUSHROOMS WITH CREAM SAUCE**

chicken (leftover), boiled, cut in small slices  
mushrooms, washed, sliced  
cream sauce (see p. 47)  
butter  
seasonings to taste

Put all ingredients together in a baking dish. Bake in moderate oven for about 20 minutes. Serve.

**CHICKEN IN CUPS**

chicken (leftover), cooked, passed through meat grinder  
egg  
milk, scalded  
seasonings to taste

Use 1 egg for 1 cup of chopped chicken and  $\frac{1}{2}$  cup of milk. Mix egg and milk and add the seasonings and chicken. Pour mixture into coffee cups. Set coffee cups in pan of water. Bake in moderate oven for 30 minutes. Serve as an entree.

**CORN AND ONION SOUP**

corn (leftover), cooked, off the cob  
onion, peeled, chopped fine  
milk, scalded  
butter  
seasonings to taste

Scald the milk, and add the onion, corn, butter and seasonings. Let cook for 5 minutes. Then serve.

**CORN, OYSTERS AND PAPRIKA**

corn (leftover), cooked, off the cob  
oysters, raw, off the shell  
milk, scalded  
paprika  
seasonings to taste

Place all ingredients in a baking dish. Bake in hot oven for 15 minutes, then serve. Do not use too much milk, as the oysters in baking will release their own liquor.

**CORNMEAL AND APPLE PUDDING**

cornmeal (leftover), cooked, mashed  
apples, peeled, cored, sliced  
milk  
sugar  
flavoring extract

Fill a pudding dish with mashed cornmeal, milk, sugar, apples and flavoring extract. Bake in moderate oven for 20 minutes.



**CORNMEAL CUTLETS**

cornmeal (leftover), cooked, cold  
egg, beaten  
bread crumbs  
fat or butter

Cut the cooked cornmeal into slices 1 inch wide by 3 inches long. Roll each piece in the beaten egg, then in the bread crumbs. Brown in fat or butter on both sides.

**CUCUMBER, EGG AND SARDINE SALAD**

cucumbers (leftover from cucumber salad)  
eggs, hard boiled, shelled, sliced  
sardines (canned), boned, chopped  
mayonnaise dressing (see p. 50)

Mix the sardines with the mayonnaise dressing, add the eggs, then the cucumbers. Serve as a salad.

**EGG WHITE CHOCOLATE MERINGUE**

whites of egg (leftover), about 3  
sugar, about 4 tablespoons  
chocolate, grated, about 3 tablespoons

Beat egg whites until stiff and add sugar and chocolate, beating all the time. Drop on buttered sheet of paper with tip of spoon. Bake in slow oven for about 3 to 4 minutes.

**FISH HASH**

fish (leftover), cooked, skinned and boned  
potatoes, boiled, peeled and chopped, same amount as fish  
butter  
seasonings to taste

Mix fish with chopped potatoes. Put in frying pan with butter and seasoning. Fry slowly until brown. In frying, press slightly to help the fish adhere to the potatoes.

**FISH SALAD**

fish, any kind (leftover), cooked  
lettuce, washed, shredded  
mayonnaise sauce (see p. 50)  
onion, peeled, chopped  
tomato, peeled, sliced  
seasonings to taste

Mix all ingredients together except the tomato. Place in the center of plate. Arrange tomato slices around the salad.

### FISH WITH ANCHOVY ON TOAST

fish (leftover), cooked, boned, flaked  
anchovy filet, chopped  
slices of bread, toasted  
butter

Mix butter, anchovy and fish to make a paste. Spread on the toasted bread. Bake in oven for about 2 to 3 minutes.

### FISH WITH BACON AND MUSHROOMS

fish (leftover), cooked, boned, flaked  
bacon, sliced  
mushrooms, washed, sliced  
butter  
seasonings to taste

Put all ingredients in baking dish. Bake in hot oven for 10 minutes.

### FISH WITH HOMINY

fish, any kind (leftover)  
hominy (leftover), boiled, cold  
butter  
milk, scalded  
seasonings to taste

Fill a buttered baking dish with alternate layers of fish and broken pieces of cold hominy. Add seasonings and butter. Fill baking dish with scalded milk. Bake 20 minutes in moderate oven.

### FISH WITH POTATOES AND CHEESE

fish (leftover), cooked, boned, flaked  
potatoes, peeled, sliced, boiled for 5 minutes  
cheese, Swiss, grated  
butter  
seasonings to taste

After the potatoes have been boiled, drain off the water. Mix them with all the other ingredients in a baking dish. Bake for about 10 minutes in moderate oven.

### FISH WITH SPINACH AND VINEGAR

fish (leftover), cooked, boned, flaked  
spinach (leftover), cooked  
vinegar, not too much  
butter  
seasonings to taste

Place all ingredients in a buttered pudding dish. Bake in hot oven for about 8 to 10 minutes. Serve.

**FRUIT SALAD DRESSING**

fruit, any kind (leftover), cooked  
oil  
vinegar  
seasonings to taste

Pass fruit through a sieve and add little by little the oil, vinegar and seasonings, beating until creamy and thick. Pour over salad as a dressing.

**HAM, MACARONI AND OLIVES**

ham (leftover), cut in pieces  
macaroni (leftover), cooked  
olives, green or ripe, pitted, chopped  
tomatoes, chopped  
butter  
seasonings to taste

Put butter in a frying pan, and add the tomatoes, macaroni, ham, seasonings and olives. Let cook slowly for about 8 minutes. Then serve.

**HAM TOAST**

ham (leftover), cooked, chopped  
butter  
slices of bread, toasted  
egg  
seasonings to taste

Cream the butter, and add the chopped ham, seasonings and the egg. Mix well. Spread on toast. Bake in moderate oven for about 3 minutes. 1 egg is sufficient for 2 cups of the mixture.

**LETTUCE, POTATO AND ONION SOUP**

lettuce leaves (leftover), washed, shredded  
potato, peeled, diced small  
onion, peeled, sliced thin  
milk  
water, twice as much as milk  
butter  
seasonings to taste

Put all ingredients in a stew pan. Cover and let cook for about 30 minutes.

**LIMA BEAN, RICE AND MILK SOUP**

lima beans (leftover), cooked  
rice, small amount  
milk, scalded, 3 times as much as rice  
water, same amount as milk  
butter  
seasonings to taste

Place all ingredients in a small kettle and boil slowly for about 30 minutes. Serve.

**LAMB, POTATOES AND CELERY, BAKED**

lamb (leftover), cold, sliced  
potatoes, peeled, sliced thin  
celery, peeled, chopped fine  
butter  
water, about 1 cup  
seasonings to taste

In a buttered baking pan place the slices of lamb. Season the sliced potatoes and celery. Cover the lamb with the potatoes and celery and pour over them the water. Put pieces of butter on top. Bake in hot oven for about 30 minutes.

**LAMB WITH APPLES AND CURRY**

lamb (leftover), cooked, sliced  
apples, peeled, cored, chopped  
butter  
curry powder  
seasonings to taste

Mix apples and curry powder. Cream the butter and add it to the apple mixture. In a baking dish arrange one layer of sliced lamb with seasonings, then one layer of apple mixture and repeat until dish is full. Bake in moderate oven for 25 minutes. Serve.

**LAMB WITH CORN AND CURRY**

lamb (leftover), cooked, sliced  
corn (leftover), off the cob  
butter  
curry powder, very small amount

Melt the butter and add the curry powder and then mix with the corn. Put lamb and corn in a baking dish. Bake in moderate oven for about 8 minutes, or until lamb is warm.

**LAMB WITH PAPRIKA AND CELERY**

lamb (leftover), cooked, sliced or cut in thin pieces  
celery, washed, peeled, chopped, large amount  
paprika sauce (see p. 48)

Boil celery in water for 5 minutes. Drain off water through a strainer. Add celery to the paprika sauce, and put with lamb in a baking dish. Bake in moderate oven for 15 minutes.

**LAMB WITH PICKLES AND TOMATOES**

lamb (leftover), cooked, sliced  
pickles, sliced  
tomatoes, sliced  
butter  
seasonings to taste

Place all ingredients in a stewpan and let cook for about 6 minutes. Serve.

**LAMB WITH RAISINS AND TOMATOES**

lamb (leftover), cooked, sliced thin  
tomatoes, chopped  
raisins, chopped  
butter  
seasonings to taste

Put butter, raisins, tomatoes and seasonings in a stewpan. Let cook slowly for about 5 minutes. Add a little water and boil again for 3 minutes. Pour boiling hot onto the slices of lamb. The lamb will be warmed by the boiling sauce.

**MACARONI AND POTATO SOUP**

macaroni (leftover), cooked  
milk, scalded  
potatoes, peeled, diced small, small amount  
butter  
seasonings to taste

Put all ingredients together in a sauce pan. Let cook for about 20 minutes. Serve as a soup.

**MEAT AND CABBAGE LOAF**

meat, any kind (leftover), cooked, passed through meat  
chopper  
cabbage (leftover), cooked, chopped  
bread crumbs  
eggs (1 or 2)  
seasonings to taste

Mix all ingredients together. Shape into a loaf. Put in buttered bread pan. Bake in moderate oven for 35 minutes.

### MEAT AND POTATO PANCAKE

meat, any kind (leftover), cooked, passed through meat grinder  
potatoes, peeled, grated  
egg (one is enough for about 4 potatoes)  
seasonings to taste  
fat or butter

Mix in a bowl the meat, potatoes, egg and seasonings. Melt fat or butter in a large frying pan. Fill frying pan with the meat mixture. Bake in moderate oven for 30 minutes. This will produce a pancake the full size and shape of the frying pan.

### MEAT, MEXICAN STYLE

meat (leftover), cooked, sliced in small pieces  
green pepper, seeded, cut in small pieces  
red pepper, seeded, cut in small pieces  
tomato, sliced  
chili sauce  
butter  
seasonings to taste

Fry the meat in the butter in a frying pan. Remove meat from pan. In a baking dish mix the fried meat with all the other ingredients. Bake in quick oven for about 10 minutes.

### ONIONS AND CELERY

onions (leftover), boiled  
celery, washed, peeled, cut in small pieces, same amount  
as onions  
water  
butter  
seasonings to taste

Boil the celery in the water. When cooked, drain off water. Put butter in frying pan. When melted, add celery, onions and seasonings. Let cook for about 6 minutes. Serve as a vegetable.

### PEA AND CELERY SOUP

green peas (leftover), cooked  
celery, washed, peeled, same amount as peas  
water  
butter  
milk, scalded, small amount  
seasonings to taste

Put celery, seasonings and butter in a stewpan and add enough water to cover. Cover and boil slowly for 20 minutes. Add peas and scalded milk and cook for about 8 minutes longer. Pass through a strainer or sieve. Boil again for a few seconds. Serve.

**PEA LOAF**

green peas (leftover), passed through meat grinder  
bread crumbs  
milk, scalded  
egg  
seasonings to taste

Pour milk over the bread crumbs to form a soft paste and let stand for 5 minutes. Add the peas, egg and seasonings. Turn into a buttered loaf tin. Bake in a moderate oven for 30 minutes. Serve as vegetable.

**PEAS AND BACON**

green peas (leftover), cooked  
bacon, sliced thin  
seasonings to taste

Fry bacon. Put the peas with the bacon and warm slowly in the fat. Season to taste.

**PEAS, MASHED POTATO AND CELERY**

peas (leftover), cooked, passed through meat grinder  
mashed potato (leftover)  
celery, washed, peeled, chopped fine  
milk, scalded  
butter  
seasonings to taste

Mix butter, peas, potato and celery together and add the seasonings. Add the milk slowly until the mixture is as soft and smooth as ordinary mashed potatoes. Put in double boiler and heat for about 10 minutes. Serve.

**PEAS, MASHED POTATO AND ONIONS**

green peas (leftover), cooked  
mashed potatoes (leftover)  
onions, peeled, sliced  
butter  
seasonings to taste

Fry onions in butter until light brown. Add potato, peas and seasonings and mix together in frying pan. Press firmly with a pancake turner to make a solid cake. Put frying pan in oven and let cook for about 20 minutes. Remove cake from frying pan by inverting frying pan over a round plate.

**PORK WITH APPLES AND CURRY**

pork (leftover), cooked, sliced thin  
apples, peeled, cored, sliced  
butter  
curry powder  
water, very small amount  
seasonings to taste

Put all ingredients in a buttered baking dish. Bake in moderate oven for 20 to 25 minutes.

**PORK WITH BACON AND CHEESE**

8 slices of roasted pork (leftover)  
1 cup grated American cheese  
8 slices of bacon  
1 tablespoon butter  
 $\frac{1}{4}$  teaspoon pepper

Place in baking dish 1 layer of slices of pork, then 1 layer of grated cheese. On top place slices of bacon, pepper and butter. Put baking dish in moderate oven and let look slowly for about 15 minutes, until the slices of bacon begin to get crisp.

**PORK WITH CORN AND CELERY**

pork (leftover), cooked, sliced  
corn (leftover), cooked, off the cob  
celery, washed, peeled, chopped fine  
butter  
milk, scalded, small amount  
seasonings to taste

Boil the celery for about 3 minutes in water. Drain off water. Put all other ingredients in a baking dish. Sprinkle top with the celery. Bake in moderate oven for about 15 minutes.

**PORK WITH CORNMEAL**

pork (leftover), cooked, sliced in small pieces  
cornmeal  
onion, peeled, chopped very fine  
boiling water, 3 times the amount of cornmeal  
seasonings to taste

Mix onion and seasonings together. In a baking dish put first one layer of pork sprinkled with onions, then a layer of cornmeal, until baking dish is one-half full. Then pour in the boiling water. Bake in moderate oven for 20 minutes.



**PORK WITH MASHED TURNIPS**

pork (leftover), cooked, sliced thin  
turnips  
water  
butter  
seasonings to taste

Boil the turnips with the water. When cooked, mash them with a potato masher. Put one layer of sliced pork and then one layer of mashed turnips and seasonings in a baking dish and repeat until dish is full. Place pieces of butter on top. Bake in hot oven for about 10 minutes.

**PORK WITH POTATOES AND MILK**

pork (leftover), cooked, sliced thin  
potatoes (leftover), cooked, sliced  
milk, scalded  
butter  
seasonings to taste

Place all ingredients in a baking dish. Bake until milk has been absorbed by the potatoes and pork.

**PORK WITH PUMPKIN**

pork (leftover), cooked, sliced  
pumpkin, peeled, sliced thin  
butter  
water, small amount  
seasonings to taste

In a baking dish place first one layer of pork, then one layer of seasoned pumpkin, and repeat until all ingredients are used. Add the water. Place butter on top. Bake in moderate oven until pumpkin is baked, about 35 to 40 minutes.

**POTATO PUDDING**

mashed potatoes (leftover)  
milk, scalded  
eggs  
seasonings to taste

When the milk is scalded, add it slowly to the mashed potato and mix well. Then add the eggs and seasonings. Put in a pudding dish and bake in moderate oven for 20 minutes. Use 1 cup of milk and 2 eggs for each cup of mashed potato.

**POTATO (MASHED) WITH GREEN PEPPERS**

mashed potato (leftover)  
green peppers, cut on top, seeds removed  
American cheese, grated  
nutmeg, small amount for seasoning  
butter

Mix the cold mashed potato with the cheese, nutmeg and butter. Stuff the green peppers with the potato mixture. Place green peppers with a little water in a baking pan. Bake in moderate oven for about 20 to 25 minutes.

**POTATOES WITH BACON**

potatoes (leftover), cold boiled and sliced  
bacon, raw, sliced  
butter

Place in a buttered baking dish one layer of potatoes, then one layer of sliced bacon. Repeat until all ingredients are used, but be sure to have the top layer potatoes. Put a few pieces of butter on top. Bake in oven until potatoes are nicely brown. Bake slowly to give the bacon time to cook and the potatoes time to become thoroughly warm.

**POTATOES WITH BACON AND VINEGAR**

potatoes (leftover), boiled, sliced  
bacon, sliced, each slice cut in two  
vinegar, small amount

Place all ingredients in a baking dish. Bake in moderate oven until bacon is fairly crisp. Serve as vegetable.

**POTATOES WITH FINNAN HADDIE**

potatoes (leftover), boiled, sliced  
finnan haddie, boiled, boned, flaked  
butter  
milk, scalded  
seasonings to taste

In a baking dish place potatoes and finnan haddie, and add butter and seasonings. Pour in enough milk to cover. Bake for 10 minutes, then serve.

**POTATOES WITH MEAT**

mashed potato (leftover)  
meat, any kind (leftover), cooked, passed through meat  
chopper  
bread crumbs  
butter  
seasonings to taste

Mix mashed potato, meat, butter and seasonings together. Place mixture in a pudding dish. Cover with bread crumbs. Bake in moderate oven for 20 minutes. Then serve.

**POTATO, TOMATO AND ONION SOUP**

mashed potato (leftover), cold  
tomato, chopped  
onion, peeled, chopped fine  
butter  
water, 3 times as much as potato  
seasonings to taste

With a whip mix the water slowly with the mashed potato, beating constantly. Add the butter, seasonings, onion and tomato. Put in a sauce pan. Boil for about 15 minutes. Then serve.

**POTATO (SWEET) AND SQUASH**

sweet potatoes (leftover), boiled, peeled, sliced  
squash, peeled, sliced thin  
milk, scalded, small amount  
butter  
seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for about 35 minutes, or until milk has been absorbed and the squash is cooked.

**POTATO (SWEET), FISH AND MILK**

sweet potatoes (leftover), cold boiled, sliced  
fish, any kind, fileted or boned, cut in small pieces  
milk, small amount  
butter  
seasonings to taste

Put all ingredients in a baking dish. Bake in moderate oven for 20 minutes.

### PRUNES AND BAKED APPLES

prunes (leftover), cooked, passed through sieve  
apples, cored in the middle  
sugar  
butter  
water

Boil the sugar with the water and the prune puree to make a thin syrup. Place apples in baking dish or pan with a little water and butter. Pour the syrup over the apples and bake in moderate oven for about 30 minutes.

### RICE AND FRUIT SALAD

rice (leftover), boiled  
fruit, any kind, raw or cooked, diced  
mayonnaise dressing (see p. 50)

Boil the rice again for 2 minutes. Then quickly plunge the rice in cold water. Drain off water when rice is cold. Mix with the fruit and the mayonnaise dressing, and serve.

### RICE AND SHRIMPS

rice (leftover), boiled  
shrimps, cooked, off shells, cut in pieces  
butter  
paprika  
milk, small amount

Put all ingredients in a buttered baking dish. Bake in moderate oven until rice is warm.

### RICE GRIDDLE CAKES

1 cup boiled rice (leftover)  
1 cup flour  
1 cup milk  
1 tablespoon shortening  
1 teaspoon salt  
3 teaspoons baking powder  
1 egg

Mix and beat together milk, egg, salt and melted shortening. Stir in sifted flour and baking powder. Add the rice (cold) and mix well. Cook on hot greased griddle, turning only once.

**RICE, RAISINS AND MILK**

rice (leftover), cold boiled  
raisins  
milk, twice as much as rice  
sugar  
vanilla extract

Mix sugar, milk, raisins and rice together. Then add the flavoring extract. Pour the mixture into a pudding dish. Bake in moderate oven for 30 minutes. The milk will be practically all absorbed by the rice.

**SALMON WITH APPLES**

salmon (leftover), cooked, skinned, flaked  
apples, peeled, cored, chopped  
French dressing (see p. 49)

Mix apples and salmon together. Add slowly the French dressing. Mix well. Serve as salad.

**SALTED NUT AND CHEESE SANDWICH**

salted nuts (leftover), chopped  
cheese, any kind (leftover), chopped  
butter  
bread, sliced

Cream the butter and add the chopped nuts and cheese. Make sandwich (see p. 66).

**SAUSAGE MEAT AND RICE**

rice (leftover), boiled and cold  
sausage meat  
butter

Mix sausage meat and rice together. Fry in butter, dropping an amount equal to 2 tablespoons at one time. Fry slowly.

**SPAGHETTI, CRAB MEAT AND ONIONS**

spaghetti (leftover), cooked or baked  
crab meat  
onions, peeled, chopped  
butter  
milk, scalded, small amount  
seasonings to taste

Put all ingredients together in a buttered baking dish. Bake slowly for about 20 minutes.

### SPINACH AND CODFISH

spinach (leftover), cold boiled, creamed or buttered  
codfish, boiled, skinned, boned and escaloped  
butter  
seasonings to taste

Place in a buttered baking dish the spinach mixed with the codfish. Season well. Put pieces of butter on top. Bake in hot oven for about 10 minutes.

### SPINACH AND RICE

spinach (leftover), cooked, chopped  
rice, washed  
water  
butter  
seasonings to taste

Put in a saucepan the spinach, rice, water, butter and seasonings. Cover and boil slowly for 30 minutes. Serve as vegetable.

### STRING BEANS AND HAM

string beans (leftover), cooked  
ham, raw, cut in dice  
butter  
seasonings to taste

Put all ingredients in a frying pan. Let cook for 8 minutes slowly. Stir occasionally. Then serve.

### STRING BEANS WITH CARROTS AND ONIONS

string beans (leftover), cooked  
carrot, peeled, sliced very thin  
onion, peeled, chopped  
butter  
water  
seasonings to taste

In a saucepan put carrot, onion, butter and seasonings and enough water to cover. Cover and boil for 20 minutes. Add the string beans and continue to cook slowly for about 10 minutes. Serve as vegetable.

**STRING BEANS WITH TOMATOES AND ONION**

string beans (leftover), cooked  
onion, peeled, sliced thin  
tomatoes, sliced  
butter  
seasonings to taste

Put all ingredients in a frying pan and cook slowly for about 15 minutes.  
Serve as vegetable.

**TOMATO SOUP WITH CELERY AND MILK**

tomato soup (leftover)  
milk, scalded, same amount as tomato soup  
celery, washed, chopped not too fine  
butter  
seasonings to taste

Put all ingredients in a saucepan. Let cook slowly for about 25 minutes.  
Serve as soup.

**TOMATOES AND BANANAS**

stewed tomatoes (leftover)  
bananas, peeled, sliced, twice as much as tomatoes  
butter  
seasonings to taste  
curry powder to flavor

Place all ingredients in a saucepan. Cook slowly for 15 minutes. Serve as a vegetable.

**TOMATOES AND CAULIFLOWER**

stewed tomatoes (leftover)  
cauliflower, washed, cut in pieces  
butter  
seasonings to taste

Boil the cauliflower in salted water for about 20 minutes. Drain off water. Put cauliflower in a saucepan with the butter, seasonings and tomatoes. Let cook for 3 minutes. Serve as vegetable.

**TOMATOES STUFFED WITH SWEET POTATO**

mashed sweet potato (leftover)  
tomatoes, cut in halves  
salt  
water

Cut the tomatoes and sprinkle with the salt. Stuff the tomatoes with the mashed sweet potatoes. Put tomatoes in baking pan with a little water. Bake slowly in moderate oven for about 20 minutes.

**TURKEY, CRANBERRIES AND TOMATOES, BAKED**

turkey (leftover), cooked, sliced  
tomatoes, sliced  
cranberries, washed, picked  
butter  
water, small amount  
seasonings to taste

Put all ingredients together in a baking dish. Bake in moderate oven for 30 minutes.

**TURKEY HASH WITH CELERY**

turkey (leftover), cooked, chopped  
celery, washed, peeled, chopped fine  
white sauce, thin (see p. 47)  
seasonings to taste

When the white sauce is boiling, add the chopped celery and the turkey. Let cook for 3 to 4 minutes, add the seasonings, and serve. Use 1 cup of white sauce for 2 cups of turkey and celery mixed.

**TURNIPS, SAUSAGES AND BACON**

mashed turnips (leftover)  
sausages  
bacon, sliced thick

Pack mashed turnips in a buttered baking dish. Place sausages and bacon on top. Bake in a moderate oven for about 15 minutes.

**TURNIPS WITH CHEESE AND HAM**

turnips (leftover), cooked, reheated and mashed  
American cheese, grated, small amount  
ham, cooked, chopped not too fine

While the turnips are still warm, add the cheese and the ham. Mix well. Place in double boiler for about 10 minutes to warm. Serve as vegetable.



**VEAL CUTLETS WITH TOMATOES AND MUSHROOMS**

veal cutlets (leftover), cooked, breaded or plain  
tomatoes, sliced thin  
mushrooms, washed, sliced  
butter  
seasonings to taste

Season mushrooms and tomatoes. Place veal cutlets in a buttered roasting pan. Place slices of tomatoes on the cutlets and on top of the tomatoes place the sliced mushrooms. Put pan in moderate oven and cook for about 15 minutes.

**VEAL WITH CARROTS AND ONIONS**

veal (leftover), cooked, sliced  
carrots, peeled, sliced, amount equal to veal  
onions, peeled, sliced  
butter  
water, small amount  
seasonings to taste

Put all ingredients together in a sauce pan. Cover. Cook slowly for 35 minutes.

**VEAL WITH PAPRIKA AND RICE**

veal (leftover), cut in thin slices  
rice (leftover), boiled  
paprika  
butter  
water, small amount

Pour water over the paprika. Put rice, butter and veal in a baking dish and pour over them the water and paprika. Bake in moderate oven for 15 minutes. Then serve.

# Bread

Bread is an article of food made of the grain, meal or flour of grain, mixed with water (or other liquid), salt, sugar, fat, sometimes eggs, and leavening agents, such as fermented dough, yeast, or baking powder.

Leavening agents are used to produce fermentation and rising. The bread dough is mixed with the leavening agent, allowed to rise, kneaded, molded, and baked as loaves, rolls, biscuits, etc. Bread can also be made from other materials containing a certain amount of starch.

Bread is one of the simplest of cooked foods. The necessary ingredients for making bread can be counted on the fingers of one hand—flour, water, salt and yeast—and yet the books which describe the process of bread making are often large volumes.

## BREAD INGREDIENTS

### Flour.

Bread can be made from many kinds of flour, but the best flour is the flour of wheat grain, because it contains a large amount of gluten. **Gluten** is the substance in the flour which, mixed or combined with water, yields a sticky, elastic material which makes possible the formation of the dough. The substance left on the tongue or teeth after chewing a wheat grain is gluten. It is essential in bread making because gluten forms the frame which enables the loaf to keep its shape and retain its lightness.

There are two different kinds of commercially sold wheat flour:

**Winter Flour** is a starchy, soft flour.

**Spring Flour** is a hard flour and contains a larger percentage of gluten.

Wheat flour, including pastry flour, sold in groceries is usually made from a mixture of wheats. There is great difference of opinion as to the best flour to use in making bread. A hard or spring flour gives ordinarily the best results.

### Yeast.

Yeast is a microscopic plant which cannot be seen with the naked eye. It consists of masses of tiny colorless oval shaped plants. Remember that yeast is a plant which grows in darkness or in light as soon as given proper food, moisture and temperature. Under the most favorable conditions it rapidly increases by budding. The amount of yeast to be used in bread making is determined by the time given for the process.

There are many varieties of yeast on the market, but the most commonly used in bread making are **Dry Yeast Cake** and **Compressed Yeast Cake**. Liquid yeast is not recommended for household use, because it grows too rapidly, it produces acid, and it does not keep.

The form of yeast in bread making is not important, but the condition of yeast is of great importance.

### Liquid.

Moisture is necessary in bread making. The kind of moisture or liquid used is not as important as the amount, and the way in which the bread is

baked and cooled. The liquid used in the bread dough may be water, milk, half water and half milk, whey, potato water, or barley water. But water alone makes a bread of good flavor and texture, and generally white.

#### **Sugar.**

Sugar is a good food for the growth of yeast. Sugar is not absolutely necessary in bread making, but it improves the flavor.

#### **Fat.**

Butter, butter substitute, or lard, or any two mixed half and half, may be used in making bread. But fat is not a necessary ingredient. However, it does make the crumb a little more tender.

#### **Baking Powder.**

Baking powders are used in bread making to make "quick" bread. All baking powders are chemical preparations which, when brought in contact with moisture liberate carbon dioxide gas. Baking powder, in producing this gas, lets the gas expand and escape. In doing so, it causes the dough to become light and porous, the water being driven off in the form of steam. The amount of carbon dioxide is always influenced by the age of the baking powder. Even when baking powder is kept covered, there is a loss of gas.

All baking powders are made of sodium bicarbonate (baking soda), an acid salt, and a certain amount of starch. Remember that cream of tartar, alum and acid phosphate are all acid salts.

The kind of baking powder used in bread making is immaterial to the results obtained.

#### **Salt.**

Salt is added to bread dough to improve the flavor. Common table salt is generally used in bread making.

### **METHODS OF MAKING BREAD**

There are three well known methods of making bread:

#### **1. Straight dough process, or short process.**

In this process all the ingredients are mixed together at one time and the dough is allowed to rise. In this process yeast is always used.

#### **2. Sponge dough process, or long process.**

In this process only half of the amount of flour is used at first with practically all the liquid and the leavening agent (yeast, or cereal or vegetable water). This dough is allowed to rise very slowly and for a long time (6 to 10 hours). With the remainder of the flour and liquid another dough is made and mixed with the raised dough. The mixture is then handled as in the straight dough or short process. Baking powder cannot be used in either the straight dough or sponge dough process. Yeast or its substitute only can be used.

#### **3. Baking powder process, or quick process.**

In this process all ingredients are mixed together at one time, baking powder included, and the dough is baked without kneading or raising. This is possible because of the quick leavening action of the baking powder.

The short and long processes of making bread produce bread which is known as **Yeast, Leavened, or Raised Bread.**

The quick or baking powder process of making bread produces bread which is known as **Quick, Baking Powder, or Unleavened Bread.**

### MAKING THE BREAD

The dough, before it is turned into edible bread, passes through eight different steps known as:

1. **Mixing.**
2. **Kneading.**
3. **Rising.**
4. **Kneading.**
5. **Molding.**
6. **Rising.**
7. **Baking.**
8. **Cooling.**

#### 1. **Mixing.**

Flour must be sifted. Dissolve the yeast with lukewarm water. Put sifted flour in a bowl or on a pastry board. Dissolve salt, sugar (if used) and fat (if used) with lukewarm water, and add gently to the flour. Put the mixture in a bowl and add the dissolved yeast. Mix as thoroughly as possible, adding more water little by little until a soft dough is obtained. If dough is too soft to be handled, add more flour; if too hard, add more liquid.

#### 2. **Kneading.**

Beat and knead (see Kneading, below) the mixture for about 10 minutes until smooth and shining, or until the dough does not stick any more to the bowl, finger, knife, palette or pastry board.

#### 3. **Rising.**

Take the dough and place it in a floured or greased bowl, cover with a floured cloth, and let stand in a warm place (80 to 88 degrees F.) at uniform temperature and away from drafts. Let rise until about double its original bulk and full of bubbles, or until a slight touch of the finger leaves an impression. This should happen, if all materials are in good condition and the temperature is right, in about 1 to 1½ hours. Then the dough is ready for kneading.

#### 4. **Kneading.**

Kneading is required to mix all materials together and to distribute the yeast thoroughly throughout the dough, and also to equalize the distribution of the gas bubbles so that the big bubbles will be broken up and the bread will have a fine texture. The best results in kneading are obtained by using the hands only.

Remove dough from bowl or pastry board and dredge pastry board with flour. Flour lightly hands and dough. Fold the farther edge of the dough toward the front without pressing the fingers into it. With the ball of the hand lightly pressed into the dough, roll it slightly away from you. **Make**

your strokes in kneading light and even, and after each stroke turn the dough a quarter of the way around the board with a second stroke. Repeat this, adding a little flour at a time, or water, if necessary. No amount of time for kneading can be given, as this depends on the quality of the ingredients, the temperature and moisture of the atmosphere. The dough, when kneaded enough, will keep its shape on the board, and is spongy, elastic and smooth. It will also have a velvety surface. Good kneading before rising always gives good results.

#### 5. Molding or Shaping.

Take the dough and divide it into equal parts, according to the sizes of bread desired. Grease pans or molds. The pans or molds should be only half filled with the dough. Mold quickly. Each portion of dough should have an even surface and should be smooth. Pat the dough well into the corners of the molds.

#### 6. Rising.

Cover with a thick cloth and place where the dough will be warm (80 to 88 degrees F.) as for first rising, until the size of the dough doubles in bulk. The dough will then begin to follow the shape of the pan. The time required for this second rising is between 40 and 55 minutes. The bread is then ready to be baked.

#### 7. Baking.

Bread is baked:

1. To kill ferment.
2. To make the starch soluble.
3. To drive off alcohol fermentation and carbon dioxide.
4. To form a brown crust of good flavor.

When the bread dough is ready to be baked, it should be put in a fairly hot oven at first (400 to 425 degrees F.) to allow it to form a crust and then stop rising. Then, after the first 15 to 20 minutes, let the temperature of the oven decrease to 380 degrees F. until the bread is cooked. The bread should start to brown at the end of the first 20 minutes.

Always test the oven before baking the bread (see Oven Temperatures and Ways of Testing Ovens, pp. 24 and 17).

Always place the pans or molds in the oven in such a way that they do not touch each other, in order that the air may circulate around them and the temperature be evenly distributed.

An ordinary bread loaf requires from 50 to 60 minutes for baking. Small loaves require a hotter oven than large ones, as the heat penetrates the small loaves more readily and cooks them quickly.

Bread is done when:

It shrinks from the mold or pan.

It makes a singing sound perceptible if the ear is placed very close to the loaf.

The undercrust and the edges of the uppercrust rebound if pressed back by the finger.

Bread should be of a golden brown on all sides when removed from the pans.

The use of a straw as a probe for bread baking, or a knife stuck into the middle of the bread, is not recommended.

#### 8. Cooling.

After the bread loaves are removed from the pans, put them uncovered in such a place and position that the air can circulate freely around them. Let cool off entirely before storing or eating.

#### Care of Bread After Baking.

If a soft crust is desired, brush crust slightly with melted butter while the bread is still warm.

Milk applied to the crust while crust is still hot gives a smooth and shining appearance.

Bread should never be wrapped while hot. There is a large amount of steam in the loaf of bread which must escape. If anything interferes with the escape of the steam, the bread will sour very easily.

When the bread is cold, place it in a tin box or jar.

Never wrap bread in a cloth. The cloth will absorb moisture and give an unpleasant taste to the bread.

Washing the bread container prevents the bread from becoming mouldy.

Any bread container must have a few holes to admit air for free circulation.

Never allow bread crumbs to accumulate in the bread container.

### PRACTICAL HINTS

#### How To Tell Good Flour.

If pressed in the hands, the flour should fall loosely apart and not stay in lumps. If it stays in lumps, it has too much moisture in it.

It should be granular to the touch, and the color should be creamy white; when put between the teeth it should "crunch" a little.

When rubbed between the fingers, the individual particles should be distinguished, making it feel gritty or granular. It should not feel too smooth and powdery.

It should have a sweet nutty flavor characteristic of the wheat grain and without suspicion of acidity.

Good flour should not contain more than 11 per cent water. Flours differ much in their capacity for absorbing moisture, but the higher the percentage of gluten in the flour, the more moisture it will absorb.

### BREAD HINTS

Making yeast bread from wheat flour substitute sometimes causes trouble. The substitute flour lacks the gluten which makes the dough firm and elastic and the bread light and porous.

When wheat flour is scarce or expensive, wheat flour substitute may be used to the amount of 20 to 50 per cent.

Two loaves of bread made from the same flour can be of a different color, taste and texture.

Good home made bread has a flavor and quality peculiar to itself. No baker has ever attained it.

To make good bread it is necessary to have good materials.

There is no single best way to make good bread.

Soft, pure water is best suited for bread making purposes. Hard water generally neutralizes to a certain extent the fermentation produced by the yeast.

**Water** makes a bread of good flavor and texture and white in color.

**Milk** makes a bread of good keeping quality, with a tenderer crumb, greater elasticity, and of a creamy color.

**Buttermilk, Sour Milk, Whey,** make a bread similar to bread made with milk, except that the bread has the characteristic flavor of the liquid used.

**Potato or Barley Water** give the same results as bread made with milk, with a slight difference in the texture (heavier).

Yeast should be fresh, live, growing and in clean condition.

Yeast must have a clean and acid odor.

Too much yeast gives an increase of volume in the bread and a more crumbly loaf with an inferior flavor.

If the quantity of yeast used is increased, the time required for rising is decreased; and as the quantity of yeast is decreased, the time required for rising is increased.

If too much time is consumed in the rising, the bread is apt to sour.

Too much baking powder will make a bread of insipid flavor.

Good results are obtained in bread making by using one tablespoon of sugar to each one pound loaf of bread.

Too much sugar in bread gives a toughness to both crumb and crust.

Cane sugar gives the most satisfactory results in bread making.

Good results are obtained in bread making by using twice as much sugar as salt.

Too much salt will increase the weight of the bread, make the loaf smaller, and the crust lose its golden brown color and become a dull grey.

Too much salt, even in slight quantities, interferes with the proper aeration of the dough.

Too much shortening in bread will make a heavy loaf.

Lightness of bread is determined by the size of the loaf in relation to its weight.

Elasticity in bread depends to a great extent upon thoroughness of baking.

Coarse grained bread is caused by over rising, insufficient kneading, or too much heat in the first period of baking.

Sour bread is the result of the overgrowth of the bacteria which cause fermentation.

Soggy bread may be due to a low grade of flour, dead or inactive yeast, old or moist baking powder, insufficient kneading, or improper raising or baking.

Streaky bread results when the dough is not properly kneaded, or when too much flour is used in handling or in shaping the dough and loaves.

## Breads

### APPLE CORN BREAD

(no yeast)

- 2 cups white cornmeal
- 2 tablespoons sugar
- $\frac{3}{4}$  teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- $1\frac{2}{3}$  cups milk
- 3 apples, pared, cored, sliced

Mix the dry ingredients together. Add the milk and beat thoroughly. Add the apples and mix. Pour into well buttered pan. Bake about 35 minutes in moderate oven.

### BARLEY BREAD

(with yeast)

- $1\frac{1}{2}$  cups barley flour
- $1\frac{1}{2}$  cups white flour
- 1 tablespoon shortening, melted
- 1 cup milk, scalded
- 1 tablespoon sugar
- 1 yeast cake, dissolved
- 1 teaspoon salt

Follow directions for making bread on p. 360.

### BOSTON BROWN BREAD

(no yeast)

- $1\frac{1}{2}$  cups graham flour
- 1 cup cornmeal
- $\frac{1}{2}$  cup rye flour
- $\frac{1}{2}$  cup ground rolled oats
- 6 teaspoons baking powder
- $1\frac{1}{2}$  cups milk
- 1 cup molasses
- 1 teaspoon salt

Mix together graham flour, cornmeal, rye flour, rolled oats, baking powder and salt. Add milk and molasses. Beat well and thoroughly. Put in well greased Boston brown bread mould. Steam for about 2 hours. Remove cover and bake in moderate oven until top of the bread is dry.



**BRAN BREAD**

(no yeast)

- 2 cups bran
- 1 $\frac{1}{4}$  cups white flour
- 2 teaspoons baking soda
- 1 cup molasses
- 1 cup milk
- 1 teaspoon salt

Mix together white flour, bran and salt. Add soda to molasses and milk. Add the liquid to the dry ingredients and beat well. Pour into greased and floured baking pans. Bake for about 55 minutes in moderate oven.

**BUCKWHEAT BREAD**

(with yeast)

- 1 cup white flour
- 2 cups buckwheat flour
- 1 yeast cake, dissolved
- 1 cup milk
- 2 tablespoons shortening
- 1 tablespoon sugar
- 1 teaspoon salt

Follow directions for making bread on p. 360.

**CHEESE GINGER BREAD**

(no yeast)

- 1 cup molasses
- 1 cup grated cheese
- 2 cups flour
- 1 teaspoon soda
- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons ginger
- $\frac{1}{2}$  cup water

Heat molasses and cheese very slowly in a pan until cheese is melted. Then add soda and stir vigorously. Mix dry ingredients together and add them to the molasses. Then add the water and beat. Drop in small buttered tins and bake for about 20 minutes in moderate oven.

**COOKED RICE BREAD**

(with yeast)

- 2 $\frac{1}{2}$  cups flour
- 1 yeast cake, dissolved
- 1 cup cold boiled rice
- $\frac{1}{2}$  cup milk
- 1 teaspoon salt
- 1 tablespoon sugar

Follow directions for making bread on p. 360.

### CORN BREAD

(no yeast)

- 1½ cups cornmeal
- 1 cup flour
- 5 teaspoons baking powder
- 3 tablespoons sugar
- 2 cups milk
- 1 teaspoon salt
- 2 eggs
- 3 tablespoons shortening, melted

Mix and sift together flour, sugar, salt and baking powder. Mix in the cornmeal. Add the milk, the shortening and the well beaten eggs. Beat well. Pour into well greased pan and bake in hot oven for about 25 minutes.

### CORNMEAL GINGER BREAD

(no yeast)

- 1 cup cornmeal
- 1 cup barley flour
- 2 teaspoons cinnamon
- 2 teaspoons ginger
- ½ teaspoon salt
- 1 teaspoon soda
- 1½ teaspoons baking powder
- 1 cup molasses
- 1 cup milk
- 2 tablespoons shortening

Mix dry ingredients together. Add molasses, milk and shortening. Put in greased pan. Bake in moderate oven for about 50 minutes.

### CRACKLING BREAD

(no yeast)

- 1 quart cornmeal
- 1 pint cracklings\*
- 3 teaspoons salt
- 2 tablespoons baking powder
- ½ cup flour
- boiling water

Mix cornmeal and salt, pour over enough boiling water to moisten, but not enough to make a mush. When the meal has cooled, work in the cracklings and the flour with the fingers. Add also the baking powder. Form the dough into cakes 4 inches long, 2 inches wide and 1 inch thick. Bake in greased pan in moderate oven for 35 minutes.

\*"Crackling," like "scraps," is the name given to the crisp, brown meat tissue left after lard has been rendered.

## DATE BREAD

(no yeast)

- 1½ cups corn flour
- 1½ cups rolled oats, ground
- 6 teaspoons baking powder
- ½ cup corn syrup
- 1 egg
- 1 cup chopped dates
- ½ teaspoon salt
- 1½ cups liquid (milk or water)

Sift and mix all dry ingredients. Add liquid, syrup and egg slightly beaten. Add dates and turn into oiled moulds or pans. Bake in moderate oven for 50 minutes.

## GINGER BREAD

(no yeast)

- 4 tablespoons water, cold
- 2 cups molasses
- 1 teaspoon ginger and cinnamon, mixed
- ½ teaspoon salt
- 1 tablespoon butter
- 2 teaspoons baking soda
- 2 teaspoons hot water
- 1 cup flour
- 1 egg

Mix cold water, molasses and well beaten egg. Add flour, salt, ginger and cinnamon. Mix well and add the baking soda, dissolved in the hot water. Then add the melted butter. Beat thoroughly. Pour into a buttered pan and bake 30 to 40 minutes in a moderate oven.

## HOMINY BREAD

(no yeast)

- 1 cup boiled hominy
- 1½ cups milk
- 1 cup cornmeal
- 1 cup white flour
- 1 tablespoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 egg, beaten
- 1 tablespoon shortening
- ¾ cup molasses

Put hominy in a bowl and beat with a fork. Pour milk and molasses over the hominy and continue beating. Mix in cornmeal, flour, baking powder, salt and soda. Add mixture slowly to the hominy. Add beaten egg and melted shortening. Place in greased baking pan. Bake in moderate oven for about 35 minutes.

**LUNCHEON BREAD**

(no yeast)

- 2½ cups flour
- 5 teaspoons baking powder
- 2 eggs, beaten
- 1½ cups milk
- 2 teaspoons sugar
- 2 tablespoons sweet butter, melted

Mix together, flour, sugar and baking powder. Add melted butter, beaten eggs and milk. Mix thoroughly. Put in greased bread pan and bake for about 30 minutes in moderate oven.

**MOLASSES GINGER BREAD**

(no yeast)

- 2¾ cups white flour
- ½ teaspoon salt
- 2 teaspoons ginger
- ¼ cup melted butter
- 1 cup molasses
- 1¾ teaspoons soda
- 1 cup milk

Sift together the white flour, salt and ginger. Add soda to the molasses. Combine mixtures, add butter and milk and beat vigorously. Pour into greased pan and bake in moderate oven for about 35 minutes.

**NUT BREAD**

(no yeast)

- 1 egg
- 1 cup milk
- ½ cup sugar
- 3 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup mixed nuts, cut in small pieces or chopped not too fine

Sift together flour, baking powder, salt and sugar. Add the milk and the well beaten egg, then the nuts. Mix well. Place in well buttered pan and bake in a moderate oven for about 45 minutes.

### NUT AND RAISIN BREAD (no yeast)

- 2 cups white flour
- 1 cup graham flour
- $\frac{1}{2}$  cup brown sugar
- 6 teaspoons baking powder
- $\frac{1}{2}$  cup molasses
- $\frac{1}{2}$  cup milk
- 1 cup ground raisins
- $\frac{1}{2}$  cup chopped nuts
- 1 tablespoon shortening, melted

Mix together white flour, graham flour, brown sugar, baking powder, ground raisins and chopped nuts. Add slowly the milk, molasses and melted shortening. Mix thoroughly. Place in small greased bread pans. Bake in moderate oven for about 45 minutes.

### OAT AND RAISIN BREAD (no yeast)

- $\frac{1}{2}$  cup syrup or molasses
- $\frac{1}{4}$  cup shortening, melted
- 1 egg
- 5 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 2 cups ground rolled oats
- 1 cup milk
- 1 cup white flour
- 1 cup raisins

Mix the flour together with the oats, salt, baking powder, shortening and milk. Add the egg slightly beaten, then the syrup. Then add the raisins. Place in greased bread pan and bake slowly for about 50 to 55 minutes.

### OATMEAL BREAD (with yeast)

- 4 cups flour
- 1 cup oatmeal or rolled oats
- $\frac{3}{4}$  cake yeast, dissolved in  $\frac{1}{2}$  cup lukewarm water
- 2 cups boiling water
- 2 tablespoons sugar
- $\frac{1}{2}$  teaspoon salt

Add boiling water to oatmeal and let stand for  $\frac{3}{4}$  hour. Use this mixture in the making and mixing of the bread dough. Follow directions for making the bread on p. 360.

**PEANUT BUTTER BREAD**

(no yeast)

- 2 cups flour
- 4 teaspoons baking powder
- $\frac{1}{2}$  cup sugar
- $\frac{2}{3}$  cup peanut butter
- 1 cup milk
- pinch of salt

Sift flour, baking powder, salt and sugar together. Add milk to peanut butter, and blend well. Add dry ingredients and beat thoroughly. Bake in greased loaf pans in moderate oven for about 45 minutes.

**POTATO BREAD**

(with yeast)

- 1 cup mashed potatoes
- 2 cups flour
- 1 tablespoon shortening
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 yeast cake, dissolved in lukewarm water

Mash boiled potatoes while hot. Add salt, sugar and shortening. When lukewarm, add yeast and flour. The dough will be very stiff, but the moisture in the potatoes will soften the mixture as it rises. Follow directions for making bread on p. 360.

**PRUNE AND DATE BREAD**

(no yeast)

- $\frac{1}{2}$  cup prunes, stoned and soaked
- $\frac{1}{2}$  cup dates, chopped
- $2\frac{1}{2}$  cups flour
- $\frac{1}{4}$  cup sugar
- 1 teaspoon salt
- 5 teaspoons baking powder
- 1 cup milk
- 1 tablespoon shortening, melted

Mix together flour, sugar, salt and baking powder. Add milk and beat well. Add melted shortening and fruits. Put into greased bread pan. Allow to stand for about 20 minutes. Bake in moderate oven for about 45 minutes.

**QUICK OR BAKING POWDER BREAD**

(no yeast)  
(for emergency)

- 4 cups flour
- 1½ cups milk
- 6 teaspoons baking powder
- 1 teaspoon salt
- ½ tablespoon sugar
- 1 tablespoon shortening, melted

Mix thoroughly flour, salt, sugar, baking powder and melted shortening. Then add slowly the milk, enough to make a stiff dough. Bake in greased bread pans in moderate oven for about 55 minutes.

**QUICK GRAHAM BREAD**

(no yeast)

- 2 cups white flour
- 2½ cups graham flour
- 5 teaspoons baking powder
- 2 tablespoons shortening, melted
- 1 teaspoon salt
- 1½ cups milk and water mixed
- 1 egg
- 3 tablespoons molasses

Sift together white flour, baking powder and salt. Mix in the graham flour and shortening. Add the beaten egg, then the molasses and the milk and water. Beat well together. Put in well greased loaf pan. Bake for 50 to 55 minutes in moderate oven.

**RAISIN BREAD**

(with yeast)

- 1 cup scalded milk
- 1 cup shortening
- ½ teaspoon salt
- ¼ cup raisins
- 3 cups flour
- 1 yeast cake, dissolved in lukewarm water

Follow directions for making bread on p. 360. Add the raisins after the second kneading and before molding.

**RICE BREAD**

(with yeast)

- 2 cups rice flour
- 1 cup white flour
- 1 yeast cake, dissolved
- 1 cup milk, scalded
- 1 tablespoon sugar
- 1 tablespoon shortening
- 1 teaspoon salt

Follow directions for making bread on p. 360.

**RICE CORN BREAD**

(no yeast)

- 1 cup cornmeal
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup cold boiled rice
- 1 cup milk
- 1 egg
- 1 tablespoon shortening

Mix all ingredients together. Bake in greased pan in moderate oven for about 35 minutes.

**RYE BREAD**

(with yeast)

- 2 cups rye flour or rye meal
- 1 cup white flour
- 1 yeast cake, dissolved
- 1 cup milk, scalded
- 1 tablespoon sugar
- 1 tablespoon shortening
- 1 teaspoon salt

Follow directions for making bread on p. 360.



**SPOON BREAD**

(no yeast)

- 1½ cups cornmeal
- 1 teaspoon sugar
- ½ teaspoon salt
- 2 cups milk
- 1 egg
- 1 tablespoon melted shortening
- 2 teaspoons baking powder

Boil cornmeal with salt in a little water for 5 minutes, and then add the milk. Allow to cool off. Beat until smooth. Add the sugar, shortening, well beaten egg and baking powder, beating all the time. Pour into greased pan and bake about 20 minutes in a moderate oven.

**WHITE BREAD**

(with yeast)

- 3 cups flour (or more)
- ½ yeast cake, dissolved in 3 tablespoons warm water
- 1 cup liquid (water, milk, or milk and water)
- 1 teaspoon salt
- 1 tablespoon shortening
- 2 teaspoons sugar

This recipe will make 1 loaf of bread. Multiply the entire recipe by the number of loaves desired. Follow directions for making the bread on p. 360.

**Rolls****DINNER ROLLS**

(no yeast)

- 4 cups flour
- 1 teaspoon salt
- 6 teaspoons baking powder
- 1 tablespoon lard
- 1½ cups milk

Sift together flour, salt and baking powder. Rub in the lard and add the milk. Turn out on floured board and knead enough to make a smooth dough. Cut dough into pieces small enough to make rolls about 4½ inches long and 2 inches wide. Form each into smooth roll with square ends. Place on greased baking pan far apart and let stand for about 20 minutes. Brush with a little melted butter and let stand for about 10 minutes. Bake in hot oven for about 10 to 15 minutes.

**PARKER HOUSE ROLLS**

(with yeast)

- 2 cups milk, scalded
- 3 tablespoons butter
- 2 tablespoons sugar
- 1 yeast cake
- 1 teaspoon salt
- 3 cups flour

Mix butter, sugar and salt in a bowl. Scald the milk, and let cool off until lukewarm. Add yeast and milk to butter, sugar and salt. Add the yeast, by mixing with it a little of the liquid at a time. Add about 3 cups of flour. Beat and knead. Let rise until double its original bulk. Knead again and let rise until it doubles in size again. Roll out on floured board. Cut with biscuit cutter. Roll out in shape of rolls and place them in greased baking pan far enough apart so that they will keep their shape. Brush over with a little melted fat. Crease each roll with a knife. Let rise again for about 20 minutes. Bake in hot oven for about 15 minutes.

**PLAIN ROLLS**

(with yeast)

- 3 cups flour (or more)
- $\frac{1}{2}$  yeast cake, dissolved in  $\frac{1}{2}$  cup lukewarm water
- 1 cup milk, scalded
- 1 teaspoon salt
- 1 tablespoon shortening
- 2 tablespoons sugar

Follow directions for making the bread on p. 360. After the first raising and second kneading, roll out dough  $\frac{1}{4}$  inch thick. Cut with biscuit cutter. Place in baking pan or on sheet the cut out pieces of dough far enough apart so that they will not touch. Let rise a second time and bake.

Rolls are sometimes brushed over lightly with milk before baking.

**RYE ROLLS**

(no yeast)

- 4 cups rye flour
- 1 teaspoon salt
- $1\frac{1}{2}$  cups milk
- 6 teaspoons baking powder
- 1 tablespoon shortening, melted

Sift together rye flour, salt, and baking powder. Add milk and melted shortening. Knead lightly on floured board. Roll out into shape of rolls. Put in greased pan and allow to stand for about 15 minutes. Bake in moderate oven for 20 to 25 minutes.

## Biscuits

### PLAIN BISCUITS

- 2 cups flour
- 1 teaspoon salt
- 2 tablespoons shortening
- $\frac{2}{3}$  cup milk
- 4 teaspoons baking powder

Sift all dry ingredients together. Mix with the shortening. Add the milk and knead lightly on floured pastry board until smooth. Roll out thin. Cut into desired shape or size. Place in baking pan and bake 15 minutes in moderate oven.

### BRAN BISCUITS

- $\frac{1}{2}$  cup bran
- $1\frac{1}{2}$  cups flour
- 5 teaspoons baking powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  cup water
- 2 tablespoons melted shortening

Mix thoroughly bran, flour, baking powder, and salt, then the shortening, and sufficient water to make a soft dough. Roll out on floured pastry board. Cut round, and bake on greased tin in a moderate oven for about 20 minutes.

### CHEESE BISCUITS

- 2 cups flour
- 3 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 tablespoon shortening
- $\frac{1}{2}$  cup milk
- $\frac{3}{4}$  cup grated cheese

Sift together baking powder, salt and flour. Add shortening and cheese. Mix together. Add slowly the milk to hold the dough together. Roll out on floured pastry board to a thickness of about  $\frac{1}{2}$  inch. Cut with biscuit cutter. Place on greased sheet or pan and bake for 15 minutes in hot oven.

### CHESTNUT BISCUITS

- 3 cups chestnut flour
- 1 cup white flour
- 4 tablespoons baking powder
- 2 tablespoons shortening
- $1\frac{1}{2}$  cups cold milk
- pinch of salt

Mix together chestnut flour, white flour, baking powder and salt. Rub in the shortening with the tips of the fingers. Mix in quickly the cold milk, enough to form a soft dough. Roll out to a thickness of  $\frac{1}{2}$  inch on a floured pastry board. Cut with biscuit cutter. Place in greased and floured biscuit tins. Bake in hot oven for about 10 to 15 minutes.

### POTATO BISCUITS

- 2 cups flour
- 4 teaspoons baking powder
- 1 cup mashed potatoes
- 1 teaspoon salt
- 3 tablespoons shortening
- cold milk, enough to mix (about 1 cup)

Mix together flour, baking powder and salt. Rub in the shortening and at the same time the mashed potatoes. Add just enough milk to make the mass cling together. Do not knead. Roll out on floured pastry board to a thickness of  $\frac{1}{2}$  inch. Cut with biscuit cutter. Place in lightly floured and greased biscuit tins. Bake slowly in moderate oven for about 20 minutes.

### RICE BISCUITS

- 2 cups rice flour
- 2 cups white flour
- 5 teaspoons baking powder
- 2 teaspoons salt
- 4 tablespoons shortening
- $1\frac{1}{2}$  cups water or milk

Mix together flours, baking powder and salt. Cut into the mixture with a knife the shortening (cold) and rub it in with the hands. Mix in quickly the cold milk or water. Roll out on floured board in a sheet  $\frac{1}{2}$  inch thick. Cut with biscuit cutter. Place in lightly floured biscuit pan. Bake in hot oven for about 15 minutes.

### SCOTCH BISCUITS

- 1 cup brown sugar
- $\frac{3}{4}$  cup butter
- 2 eggs, beaten
- $\frac{1}{2}$  cup water
- $1\frac{1}{2}$  cups cooked oatmeal
- $1\frac{1}{2}$  cups flour
- $\frac{1}{2}$  tablespoon salt
- 3 tablespoons baking powder

Cream butter and sugar. Add eggs well beaten. Add water, cooked oatmeal, salt, baking powder and flour. Drop in greased muffin tins and bake in hot oven for 20 minutes.

## SODA BISCUITS

- 2 cups flour
- $\frac{3}{4}$  teaspoon soda
- 1 teaspoon cream of tartar
- $\frac{1}{2}$  tablespoon shortening
- $\frac{1}{2}$  teaspoon salt
- 1 cup milk

Mix all ingredients together to form a soft dough. Roll out on floured pastry board to a thickness of  $\frac{1}{2}$  inch. Cut with biscuit cutter. Place biscuits on greased baking pan. Bake in hot oven for about 15 minutes.

## TEA BISCUITS

- 1 $\frac{1}{2}$  cups flour
- $\frac{1}{2}$  cup water
- 2 tablespoons shortening, melted
- 1 egg, beaten
- 1 tablespoon sugar
- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons baking powder

Mix together flour, baking powder, salt and sugar. Add well beaten egg and melted shortening to water. Mix slowly with the dry ingredients. This will make a soft dough. Roll out on floured pastry board, until sheet is  $\frac{1}{2}$  inch thick. Cut with biscuit cutter. Bake on greased sheets for 25 minutes in moderate oven.

## Muffins

## BERKSHIRE MUFFINS

- 1 cup flour
- $\frac{1}{2}$  cup cornmeal
- $\frac{1}{4}$  cup cooked rice, cold
- 2 tablespoons sugar
- 1 cup milk, scalded
- 4 teaspoons baking powder
- 1 egg, beaten
- 1 tablespoon shortening, melted
- pinch of salt

Cover the cornmeal with the scalded milk and let stand for 10 minutes. Mix in rice, flour, sugar, baking powder, beaten egg, salt and melted shortening. Mix and beat well. Drop with tablespoon in greased muffin tins. Bake in moderate oven for 20 minutes.

**BLUEBERRY MUFFINS**

- 3 teaspoons baking powder
- 2 cups flour
- 1 tablespoon sugar
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  teaspoon salt
- 2 eggs
- $1\frac{1}{2}$  tablespoons shortening, melted
- 1 cup blueberries, floured

Sift together baking powder, flour, salt and sugar. Add the milk little by little, then the beaten eggs. Add the melted shortening. Mix well. Add the blueberries. Drop one tablespoon of the mixture in each well greased muffin mould. Bake in moderate oven for about 20 minutes.

**BREAD MUFFINS**

- 3 cups bread crumbs
- $2\frac{1}{2}$  cups milk
- 1 tablespoon melted butter
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 cup flour
- 3 eggs, separated

Soak bread crumbs in the milk for 5 minutes. Beat to a paste and add the egg yolks, salt, flour, baking powder and melted butter. Fold in the beaten egg whites. Bake in buttered muffin pans in quick oven for 20 minutes.

**CEREAL MUFFINS**

- 1 cup of any cooked cereal
- 2 cups white flour
- 5 teaspoons baking powder
- 2 tablespoons shortening, melted
- 1 egg, beaten
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  teaspoon salt

Mix together cereal, salt, milk, beaten egg, melted shortening, flour and baking powder. Beat and mix well. Drop in greased muffin tins and bake in hot oven for about 30 minutes.

**COCOANUT AND COCOA MUFFINS**

- 2 tablespoons butter
- 3 tablespoons sugar
- 3 tablespoons cocoa
- 2 eggs, beaten
- $\frac{3}{4}$  cup milk
- 2 cups flour
- 2 tablespoons baking powder
- 1 cup shredded cocoanut (dry)
- pinch of salt

Cream butter and sugar. Add cocoa and eggs. Beat well. Add milk and flour sifted with baking powder and salt. Add cocoanut and mix thoroughly. Put in well greased muffin tins. Bake in hot oven for 25 minutes.

**CORNMEAL MUFFINS**

- 2 cups flour
- $\frac{3}{4}$  cup cornmeal
- 5 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons shortening, melted
- $1\frac{1}{2}$  tablespoons sugar
- 2 eggs
- 1 cup milk

Sift together baking powder, salt, sugar and flour. Mix in the cornmeal. Add the milk and the melted shortening, then the eggs well beaten. Drop mixture with a spoon in well greased muffin tins. Bake in hot oven for about 25 minutes.

**CURRENT MUFFINS**

- 2 cups flour
- 3 teaspoons baking powder
- $\frac{1}{2}$  cup sugar
- $\frac{3}{4}$  teaspoon salt
- 1 cup milk
- 1 egg, beaten
- $\frac{1}{2}$  cup currants, floured
- 2 tablespoons shortening, melted

Sift and mix together flour, baking powder, sugar and salt. Add beaten egg, milk, melted shortening and currants. Mix well. The batter should be stiff. Put in well greased muffin tins and bake in hot oven for about 20 minutes.

**CURRENT AND CORN MUFFINS**

- 1½ cups flour
- 1 cup cornmeal
- 3 eggs, beaten
- 5 teaspoons baking powder
- ½ cup sugar
- ½ cup shortening
- ¾ cup currants, floured
- 1 teaspoon salt
- ¾ cup milk, scalded

Cream the shortening. Add sugar, beaten eggs, milk, cornmeal, flour, salt and baking powder, and then the currants. Mix well. Drop in greased muffin tins. Bake in hot oven for 20 minutes.

**DATE MUFFINS**

- 2½ cups flour
- ½ cup butter
- 1 egg, beaten
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup milk
- ½ pound dates, chopped
- ¼ cup sugar

Cream butter, and add beaten egg, flour, baking powder, salt and sugar. Stir in the milk and the chopped dates. Put in greased muffin tins and bake in hot oven for about 25 minutes.

**FRUIT MUFFINS**

- 3 cups flour
- 1¾ cups milk, scalded
- 1 egg
- 1 teaspoon salt
- 6 teaspoons baking powder
- 4 tablespoons sugar
- ¾ cup chopped raisins, prunes, nuts, figs

Mix flour, salt, baking powder, and sugar. Add milk and well beaten egg. Add fruit and mix thoroughly. Put in greased muffin pan. Bake in hot oven for 25 to 30 minutes.



**GLUTEN MUFFINS**

- 2 cups gluten flour
- 1 egg
- 1 tablespoon melted butter
- 2 cups milk
- 3 teaspoons baking powder

Sift together flour and baking powder. Add beaten egg and melted butter to the milk. Fold in the flour and baking powder. Mix well. Pour in greased and floured muffin tins. Bake in moderate oven for 20 minutes.

**ONE EGG MUFFINS**

- 1 cup milk
- 1 tablespoon melted butter
- 1 tablespoon sugar
- 1½ cups flour
- 3 teaspoons baking powder
- 1 egg

Mix sugar, flour and baking powder. Add milk, beaten egg and melted butter. Beat vigorously. Fill to one-half full greased and floured muffin tins, and bake in hot oven for about 25 minutes.

**PUMPKIN MUFFINS**

- 2 cups flour
- 1 cup mashed, cooked pumpkin, drained
- 1 teaspoon salt
- 4 teaspoons baking powder
- 3 tablespoons corn syrup
- 4 tablespoons shortening
- 1¼ cups water
- few raisins

Mix all ingredients together, except raisins. Beat to blend, and turn into well greased muffin pans. Place 2 raisins on each muffin. Bake in moderate oven for 25 minutes.

**QUEEN TEA MUFFINS**

- 4 tablespoons shortening
- 4 tablespoons sugar
- 1 egg, beaten light
- 1¾ cups flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup milk

Cream shortening and sugar. Add the egg, milk, flour, baking powder and salt. Beat thoroughly. Bake 20 minutes in moderate oven in well greased floured muffin tins.

### RAISED MUFFINS

- 1 cup milk, scalded
- 1 cup boiling water
- 2 tablespoons butter, melted
- $\frac{1}{4}$  cup sugar
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  yeast cake
- 1 egg, beaten
- 4 cups flour

Add milk to the water and let cool until lukewarm. Dissolve the yeast by adding the liquid gradually. Add the egg well beaten, then the flour, sugar, salt and melted butter. Beat thoroughly and let rise until light. Fill buttered muffin tins  $\frac{2}{3}$  full. Set to rise until tins are full. Bake in hot oven for about 20 minutes.

### RICE MUFFINS

- 1 cup flour
- $\frac{1}{2}$  teaspoon sugar
- $\frac{2}{3}$  cup milk
- 3 teaspoons baking powder
- 1 egg, beaten
- 1 tablespoon shortening, melted
- 1 cup cold boiled rice
- pinch of salt

Sift together flour, baking powder, salt and sugar. Add slowly beaten egg, milk and melted shortening. Add the cold rice and mix well. Drop in well greased muffin tins. Bake in hot oven for 20 to 25 minutes.

### RYE MUFFINS

- 1 cup white flour
- $1\frac{1}{2}$  cups rye flour
- 2 eggs, beaten
- 2 tablespoons shortening, melted
- $\frac{1}{4}$  cup molasses
- 1 cup milk
- 5 teaspoons baking powder
- 1 teaspoon salt

Mix together white flour, rye flour, baking powder and salt. Add the milk, beaten eggs, melted shortening and molasses. Mix and beat well. Drop in greased muffin tins. Bake in moderate oven for about 25 minutes.

**RYE AND RICE MUFFINS**

- 1 cup rye flour
- 1 cup rice flour
- 4 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon corn syrup
- 1 cup milk
- 1 tablespoon shortening
- 1 egg

Sift dry ingredients together. Add beaten egg, melted shortening, syrup and milk. Do not beat. Bake in greased muffin tins for about 20 minutes in a moderate oven.

**Gems****GRAHAM GEMS**

- 1 cup graham flour
- 1 cup white flour
- $\frac{3}{4}$  teaspoon salt
- 5 teaspoons baking powder
- 1 cup milk
- 1 egg, beaten
- 2 tablespoons sugar
- 3 tablespoons shortening, melted

Mix together flours, salt, sugar and baking powder. Add milk, beaten eggs and melted shortening. Drop in greased gem pans. Bake in hot oven for about 25 minutes.

**PEANUT GEMS**

- 2 cups peanut flour
- 1 cup white flour
- $1\frac{1}{2}$  teaspoons salt
- 3 teaspoons baking powder
- 1 tablespoon sugar
- 2 tablespoons shortening, melted
- 1 egg
- $1\frac{1}{2}$  cups milk

Sift and mix together all the dry ingredients. Add milk, beaten egg and melted shortening. Mix well. Bake in greased gem pans in hot oven for about 20 minutes.

### RYE GEMS

- 2 cups rye flour
- 1 cup white flour
- 1½ teaspoons salt
- 3 teaspoons baking powder
- 2 tablespoons shortening, melted
- 1 egg, beaten
- 1½ cups water or milk
- 1 tablespoon sugar

Mix flours, salt, baking powder and sugar. Add the liquid and the beaten egg, then the melted shortening. Bake in greased gem pans in hot oven for about 25 minutes.

### Miscellaneous

#### BROWN SUGAR BUNS

- 2 cups flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1 tablespoon shortening
- ½ cup milk
- 1 tablespoon butter
- 1 cup brown sugar

Sift and mix together flour, baking powder and salt. Rub the shortening thoroughly into the mixture. Add slowly enough milk to make a soft dough. Roll out on floured board to a thickness of ¼ inch. Have butter soft and spread over the dough. Cover with the brown sugar. Cut into 1½ inch squares and place on greased pan. Bake in moderate oven for about 30 minutes. Remove from pan at once.

#### CINNAMON BUNS

- 2½ cups white flour
- 4 teaspoons cinnamon
- 2 tablespoons shortening
- 5 teaspoons baking powder
- ⅔ cup milk
- ¼ cup sugar
- 2 tablespoons raisins, floured
- pinch of salt

Mix together flour, baking powder, salt and sugar. Rub in the shortening and add the milk. This will make a dough soft enough to be rolled on floured pastry board. Sprinkle with the cinnamon and raisins. Roll out to a thickness of ½ inch. Cut in pieces 1½ inches long. Place in greased pan. Bake in hot oven for about 25 minutes.

## POPOVERS

- 1 cup flour
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon shortening
- $\frac{1}{2}$  cup milk, scalded
- 2 eggs

Beat eggs until light and thick. Add milk and shortening and beat into dry ingredients gradually, to avoid lumping. Bake in greased gem pans in hot oven about 20 to 30 minutes.

## RUSKS

- $\frac{1}{2}$  cup milk, scalded
- $2\frac{1}{4}$  cups flour
- 2 tablespoons shortening, melted
- $\frac{1}{2}$  cup water
- 2 tablespoons brown sugar
- $\frac{1}{2}$  teaspoon grated nutmeg
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon salt
- 1 egg, beaten
- 5 teaspoons baking powder

Sift and mix together flour, salt, brown sugar and baking powder. Add nutmeg and cinnamon. Add beaten egg, milk and melted shortening to the water. Pour into the first mixture and mix well. Turn out on floured board. Divide into small pieces, shape into rolls and place on greased pans not too close together. Allow to stand for about 15 minutes. Brush top with a little milk and sprinkle with a little brown sugar. Bake in moderate oven for 25 to 30 minutes.

## SALLY LUNN

- 2 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- $\frac{3}{4}$  cup milk
- 2 tablespoons shortening, melted
- 2 eggs, beaten

Sift and mix together flour, baking powder, salt and sugar. Add milk, beaten eggs and melted shortening. Put in greased muffin tins and bake in moderate oven for about 20 to 25 minutes.

**SCONES**

- 2½ cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons shortening
- 2 eggs, beaten
- ½ cup milk

Mix together lightly baking powder, salt, sugar, flour and shortening. Add slowly the milk to the beaten eggs, and then add slowly to the flour mixture. Roll out on floured pastry board to a thickness of ½ inch. Cut into pieces 3 inches square and fold over, making them three-cornered. Brush with milk, and dust with a little granulated sugar. Place on greased sheets. Bake about 25 minutes in hot oven.

# Pastry

Cakes or Pastries are enjoyed practically all over the world by everybody. They are used, as a rule, as an agreeable conclusion to a meal.

Cakes or Pastries are very nutritious because of the ingredients used in their preparation (butter, sugar, eggs, flour, milk, fruits).

In pastry making a great deal of knowledge is acquired by practice, but usually a recipe is needed for complete success. Pastry recipes differ from each other in quantities and weights of ingredients. Do not be puzzled or surprised by these variations, but follow the recipe and the result will prove to you that the recipe is right.

Pies are easily made and are heartily enjoyed by those who eat them. They require less time and less care than any other variety of pastry.

Cakes require more care in the mixing of ingredients and in baking than pies.

Any filling can be used with any good cake. The filling is a garnish of the cake and its selection is entirely a question of taste.

There is not much difference, except in the method of preparation, between frosting and icing. An explanation on this subject seems unnecessary, as it makes very little difference whether you cover the cake with icing or frosting.

Any icing or frosting can be used on any cake, but habit seems to show that as a rule the icing or frosting must be in harmony (color, flavor) with the cake filling.

The only strict rule to be applied and followed in pastry or cake making is to adhere strictly to the recipe.

## PRACTICAL HINTS

The art of cake or pastry making does not consist in the possession of a great number of recipes. It depends more on the use and manipulation of eggs and leavening agent, and on application of heat than on anything else. Some people grasp these fundamentals quickly, some others have to think for a long time about them before recognizing their importance.

Lard makes a more tender crust than butter, but the flavor of butter cannot be equalled.

The flakiness of the pastry depends on the kind and amount of shortening.

In dividing paste for pies, allow more for the upper than for the lower crust.

Never grease a pie tin or plate.

In pastry or pie making, when you put two pieces of paste or crust together, always brush the under part with cold water and then press the two lightly together.

Fruit pies have the annoying habit of leaking juice. For this reason do not forget in covering pie to moisten the edge or rim of the undercrust before pressing the upper one closely to it.

The baking of a cake is more important than the mixing.

The general tendency of ovens is to accumulate too much heat in the upper part. It is therefore helpful to place a shallow pan on top of the upper rack over the cake.

Bake cakes or pastries on grate as near as possible to the center of the oven.

All cakes must rise to their full extent before browning on top, or before applying the heat necessary to cook the flour.

### Cake Failures

To prevent failures in making cakes, try to observe strictly these suggestions:

1. Measure or weigh out all ingredients to be used before starting to mix the cake.
2. Sift flour before measuring.
3. Add baking powder or soda to the measured sifted flour. Sift together before adding any liquid.
4. Break the eggs to be used in a bowl.
5. Beat the whites of egg (if necessary) just before mixing with other ingredients. Beaten whites do not stay stiff long if left alone.
6. Test oven temperature just before mixing the cake.
7. Open and shut the oven door carefully when looking at the cake during baking. Do not slam door, as it disturbs the cake in raising or baking.

### Causes of Cake Failures

When a cake "falls in the middle," it is occasioned by:  
insufficient quantity of flour or raising ingredients,  
or  
moving it in the oven after the cake has risen and starts to bake,  
or  
removing it from the oven before it is thoroughly baked.

Heavy cakes are sometimes caused by:  
too slow an oven,  
or  
the use of too much sugar or butter.

A cake is "solid" or "bready" when too much flour has been used.

The uneven surface and cracks on top of a cake occur when:  
too much flour has been used,  
or  
too strong heat is applied at first before the mixture has risen to its full height.

Coarse grained cakes occur from:  
too much leavening ingredient,  
or  
too slow an oven,  
or  
insufficient mixing and beating of sugar, butter or eggs.

If nuts or fruits sink to the bottom of the cake, it shows that the batter is too thin.



## Frostings and Icings

### BOILED FROSTING

- $\frac{1}{2}$  pound sugar
- $\frac{1}{4}$  cup water
- 2 whites of egg
- flavoring

Dissolve sugar in the water and boil to 220 degrees F. (see Testing Sugar While Boiling on p. 420). Remove from fire. Beat the whites of eggs stiff and pour the syrup (sugar) hot in a thin stream into the whites of egg. Beat until cold and thick. Flavor to taste. Spread on cake.

### BUTTER SCOTCH ICING

- 2 cups sugar
- $\frac{1}{3}$  cup water
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  cup butter

Boil sugar, water, milk and butter together to 240 degrees F. (see Testing Sugar While Boiling on p. 420). Cool slightly without stirring. While still warm, pour on cake.

### CHOCOLATE ICING

- 4 ounces (4 squares) chocolate
- 2 cups confectioner's sugar
- 2 whites of egg
- $1\frac{1}{2}$  tablespoons milk
- $\frac{1}{2}$  cup water

Melt the chocolate with the milk and water. Beat the egg whites stiff. Add the sugar slowly, beating well. Then the melted chocolate. Mix and beat well until smooth. Spread on cake.

### COCOANUT ICING

- 2 cups sugar
- 1 cup water
- 2 egg whites, beaten stiff
- $1\frac{1}{2}$  cups grated cocoanut

Boil sugar and water to 217 degrees F. (see Testing Sugar While Boiling on p. 420). Pour gradually into the beaten whites of egg the hot syrup, beating all the time. Mix in  $\frac{3}{4}$  cup of the grated cocoanut. Sprinkle the balance of the grated cocoanut over the cake, after frosting.

### COFFEE FROSTING

- $\frac{3}{4}$  cup butter (sweet)
- 2 cups confectioner's sugar
- strong coffee

Cream the butter and add gradually the sugar. Then add the strong coffee a few drops at a time until desired color and flavor is obtained.

### FOAM ICING

- 1 white of egg
- 1 cup sugar
- $\frac{1}{2}$  cup water
- 1 teaspoon baking powder

Boil sugar and water to 220 degrees F. (see Testing Sugar While Boiling on p. 420). Beat the white of egg stiff and add the syrup (sugar) hot to the white of egg, beating constantly. Add baking powder. When the icing starts to foam, spread on cake.

### HONEY FROSTING

- $\frac{1}{2}$  cup honey
- $\frac{1}{2}$  cup sugar
- 1 egg white
- $\frac{1}{2}$  cup water

Boil the water. Mix together honey, sugar and white of egg. Beat well, and add gradually the boiling water. Do not stop beating until the frosting is thick enough to be spread on the cake.

### MAPLE ICING

- 1 cup maple syrup
- 2 whites of egg

Boil maple syrup to 220 degrees F. (see Testing Sugar While Boiling on p. 420), without stirring. Beat the whites of egg stiff. Add slowly the hot syrup to the beaten egg whites. Beat constantly until cold. Spread on cake.

### MARSHMALLOW ICING

- $1\frac{1}{2}$  cups sugar
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  pound marshmallow, melted
- 1 tablespoon butter (sweet)
- $\frac{1}{2}$  teaspoon vanilla extract

Boil sugar and water to 238 degrees F. (see Testing Sugar While Boiling on p. 420). Remove from fire and add the melted marshmallow and the butter. Then the vanilla extract. Beat until thick enough to spread on cake.

**ORANGE ICING**

- 1 white of egg, unbeaten
- 1 teaspoon lemon juice  
rind of 1 orange  
juice of 1 orange
- 1 cup confectioner's sugar

Grate orange rind. Mix orange rind, white of egg, lemon and orange juice, and sugar. Beat and mix thoroughly. Spread on cake.

**PINEAPPLE FROSTING**

- 1 cup chopped pineapple (fresh)
- 1 tablespoon lemon juice  
confectioner's sugar, sifted
- 1 egg white, unbeaten

Mix the white of egg with the chopped pineapple and the lemon juice. Add gradually, stirring constantly, enough confectioner's sugar to make mixture smooth. Continue to add sugar until frosting is thick enough to spread on cake.

**PLAIN ICING**

- 1 egg white, unbeaten
- 1½ cups confectioner's sugar
- 1 teaspoon vanilla extract

Put white of egg and vanilla in a bowl. Add sugar gradually, in small quantities at a time. Beat until smooth and brilliant, or until thick enough to spread on cake.

**QUICK FROSTING**  
(for emergency)

- 3 tablespoons boiling water or milk  
confectioner's sugar, sifted  
flavoring extract

Remove the boiling water or milk from the fire and add enough confectioner's sugar to make a smooth frosting. Add flavoring extract. Continue to add sugar and beat until thick enough to spread on cake. This frosting is very quickly made.

**SEVEN MINUTES ICING**

- ½ cup granulated sugar
- 2 tablespoons cold water
- 1 white of egg, unbeaten

Place ingredients in top of double boiler. Place over boiling water and cook for 7 minutes, beating all the time. Spread on cake.

## Fillings

### BERRY FILLING

- 1 cup thick cream, whipped stiff
- 1 egg white, beaten stiff
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  teaspoon flavoring extract
- $\frac{1}{2}$  cup of any kind of berries

Berries must be picked, washed and dried for about 1 hour before using. Whip the cream until firm and add the sugar. Mix in the beaten white of egg. Add the berries and the flavoring extract. Mix gently. Spread between layers of cake.

### CHOCOLATE CREAM FILLING

- 3 tablespoons sugar
- 1 cup milk, boiling
- $\frac{1}{3}$  cup flour
- $1\frac{1}{2}$  squares of chocolate, melted
- 1 egg, beaten

Mix sugar, flour, beaten egg and melted chocolate. Pour in gradually the boiling milk and cook for about 4 minutes or until smooth and thick. Stir constantly to prevent scorching. Let cool off and spread between layers of cake.

### COFFEE CREAM FILLING

- 3 tablespoons sugar
- 2 cups milk
- $\frac{1}{2}$  cup flour
- 1 egg, beaten
- 3 tablespoons ground coffee

Boil the milk and pour it over the ground coffee. Let stand covered for 5 minutes and strain. Mix sugar, flour and beaten egg together. Pour in gradually the milk and cook for about 4 minutes, or until smooth and thick. Stir constantly to prevent scorching. Let cool off and spread between layers of cake.

### CREAM FILLING FOR CAKES

- 2 tablespoons sugar
- 1 cup milk, scalded
- 3 tablespoons cornstarch
- $\frac{1}{4}$  teaspoon salt
- 1 egg
- 1 teaspoon flavoring extract

Mix cornstarch, salt and sugar with a little cold water. Add the egg, mixing thoroughly. Pour slowly the hot milk over the mixture. Cook for about 4 minutes or until smooth and thick, and then add flavoring. Let cool a bit. Spread between layers of cake.

**FRESH FRUIT FILLING**

- 1 cup thick cream, whipped
- 1 egg white, beaten stiff
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  teaspoon flavoring extract
- $\frac{3}{4}$  cup of any fresh fruit, peeled, sliced or diced

Peel and cut fresh fruit. Add sugar to whipped cream. Mix in beaten white of egg. Add the fresh fruit and the flavoring extract, mixing gently. Spread between layers of cake.

**FRUIT FILLING**

- 1 cup mixed fruits (raisins, figs, dates, prunes), chopped
- 2 cups sugar
- $\frac{3}{4}$  cup water
- 2 egg whites, beaten stiff

Boil sugar and water to 217 degrees F. (see Testing Sugar While Boiling on p. 420). Pour the hot syrup gradually into the beaten whites of egg, beating all the time until the filling is smooth and firm. Let cool off, add the chopped fruits, and spread between the layers of cake.

**LEMON FILLING**

- 4 tablespoons sugar
- $\frac{1}{3}$  cup lemon juice
- 2 tablespoons flour
- grated rind of 1 lemon
- 1 tablespoon butter, sweet
- 1 egg, beaten
- 3 tablespoons water

Mix sugar, water, lemon juice, beaten egg, grated lemon rind and butter with the flour until smooth. Cook on fire until boiling, stirring constantly to prevent scorching. Let cool off and spread between layers of cake.

**MARMALADE OR JAM FILLING**

- $1\frac{1}{4}$  cups of any fruit jam or marmalade
- 1 cup butter, sweet

Cream the butter and add slowly the jam or marmalade, beating all the time. If marmalade or jam is too hard, beat until smooth before mixing with the butter. Spread between layers of cake.

### MARSHMALLOW FILLING

- 1½ cups sugar
- ½ cup marshmallow
- ½ cup water
- 2 egg whites, beaten stiff

Boil sugar, water and marshmallow to 215 degrees F. (see Testing Sugar While Boiling on p. 420). Pour the hot mixture gradually into the beaten whites of egg, beating all the time until the filling is smooth and firm. Let cool off and spread between layers of cake.

### ORANGE FILLING

- 4 tablespoons sugar
- 1 teaspoon lemon juice
- ½ cup orange juice
- 2½ tablespoons flour
- grated rind of 1 orange
- 1 egg, beaten
- 1 tablespoon water
- 1 tablespoon butter, sweet

Mix sugar, orange juice, lemon juice, water, beaten egg, orange rind and butter with the flour until smooth. Cook on fire until boiling, stirring constantly to prevent scorching. Let cool off and spread between layers of cake.

### QUICK FIG FILLING

- 1 cup figs, chopped or ground
- ⅓ cup sugar
- ½ cup butter, sweet

Cream sugar and butter together. Mix in the chopped or ground figs. Spread between layers of cake.

## Pies

### PIE CRUST (for 1 pie)

- ½ cup shortening
- 1¼ cups flour
- 1½ teaspoons salt
- 1 teaspoon sugar
- cold water to moisten

Sift flour and salt and add sugar. Work quickly with the tips of the fingers the shortening into the mixture. Use enough cold water to make the particles of the mixture adhere together. Turn on floured pastry board and roll, handling as little as possible.

**APPLE PIE**

- 5 apples, pared, cored, sliced not too thin
- $\frac{1}{3}$  cup sugar
- 1 tablespoon butter
- flavoring to taste (vanilla, lemon, nutmeg, cinnamon, cloves)

Mix apples, sugar and flavoring. Line pie plate with pie crust (see p. 394). Place apple mixture in the pie. Put butter, cut in small pieces, on top of apple mixture. Wet edges of the undercrust, cover with upper crust, press the edges slightly together. Bake in moderate oven for about 40 minutes.

**APRICOT PIE**

- 1 tablespoon water
- 1 tablespoon butter
- 2 cups apricots, peeled, pitted, sliced
- 1 cup sugar

Mix water, sugar and apricots. Line pie plate with pie crust (see p. 394). Place apricot mixture in the pie. Put butter cut in small pieces on top of apricot mixture. Wet edges of the undercrust, cover with uppercrust and press the edges slightly together. Bake in moderate oven for about 35 minutes.

**BANANA PIE**

- 6 bananas, peeled, sliced
- 1 cup sugar
- 1 tablespoon butter, sweet

Line pie plate with the pie crust (see p. 394). Place the slices of banana in the pie. Sprinkle with sugar. Cut butter in small pieces and place on top of the banana slices. Wet edges of the undercrust, cover with the uppercrust and press edges slightly together. Bake in moderate oven for about 30 minutes.

**BLACKBERRY PIE**

- 3 cups blackberries, washed, picked
- 1 teaspoon butter, sweet
- 1 tablespoon flour
- $\frac{2}{3}$  cup sugar
- pinch of salt

Line pie plate with pie crust (see p. 394). Dredge the blackberries with sugar, flour and salt. Place the mixture in the pie crust. Cut butter in small pieces, and dot the top of the blackberry mixture. Wet edges of the undercrust, cover with upper crust, press edges slightly together. Bake in moderate oven for about 35 minutes.

**BLUEBERRY PIE**

- 2½ cups blueberries, washed
- ¾ cup granulated sugar
- flour

Dredge blueberries in flour. Line pie plate with pie crust (see p. 394). Fill pie with blueberries. Sprinkle blueberries with sugar. Wet edges of the undercrust. Cover with uppercrust. Press the edges slightly together. Bake in a moderate oven for about 40 minutes.

**CHERRY PIE**

- 3 cups cherries, washed, stoned
- 1½ cups sugar
- 3 tablespoons water
- 1 tablespoon cornstarch
- 1 tablespoon flour

Line pie plate with pie crust (see p. 394). Mix cornstarch and flour with the water. Put cherries in pie crust. Sprinkle with the sugar. Pour over them the cornstarch mixture. Wet edges of undercrust, cover with uppercrust, and press edges slightly together. Bake in moderate oven for about 35 minutes.

**CHOCOLATE PIE**

- 2 squares chocolate, grated
- 2 cups milk, scalded
- ½ cup sugar
- 3 eggs

Melt grated chocolate with a little milk, and stir until smooth. Add the melted chocolate to the scalded milk, mix in the sugar and bring to a boil. Beat the eggs slightly, and add slowly the milk and chocolate mixture. Line pie plate with pie crust (see p. 394), and pour into the mixture. Bake in slow oven for about 30 to 35 minutes.

**COCOANUT PIE**

- 3 eggs
- 2 cups milk, scalded
- 1 teaspoon flavoring extract
- ¾ cup sugar
- 1 cup grated cocoanut
- pinch of salt

Beat the eggs and add the salt and sugar. Add gradually the scalded milk, then the cocoanut and flavoring. Line pie plate with pie crust (see p. 394). Pour in the cocoanut-custard mixture. Bake in slow oven for about 30 minutes.



**COFFEE PIE**

- 3 tablespoons ground coffee
- 2 cups milk
- 3 eggs
- 1½ cups sugar
- ½ cup flour
- pinch of salt

Line pie plate with pie crust (see p. 394). Bake for about 10 minutes, until the pie crust is light brown. Boil slowly the milk with the ground coffee for about 1 minute. Let stand for 5 minutes after boiling, and strain. Mix eggs with flour, salt and sugar. Add gradually the scalded milk and coffee. Cook on fire, stirring constantly, until thickened. Pour mixture into the baked pie crust, and put in slow oven for about 5 minutes, just long enough to have the mixture adhere to the crust.

**CRANBERRY PIE**

- 2 cups cranberries
- ½ cup water
- ¾ cup sugar

Mix all ingredients in sauce pan. Boil for about 10 minutes. Let mixture cool off. Line pie plate with pie crust (see p. 394). Pour in the cranberry mixture. Bake in slow oven for about 30 minutes.

**CREAM PIE**

- 2 cups milk, scalded
- 3 eggs
- 1½ cups sugar
- ½ cup flour
- pinch of salt
- 1 teaspoon flavoring extract
- 2 whites of egg, beaten stiff
- 3 tablespoons sugar

Line pie plate with pie crust (see p. 394), and bake for about 10 minutes, until the pie crust is of a light brown. Beat the 3 eggs slightly, and mix with the sugar, salt and flour. Stir the scalded milk gradually into this mixture. Cook on fire, stirring constantly until thickened. Add flavoring extract. Let cool off. Pour mixture into baked pie crust. Beat 2 whites of egg stiff with 3 tablespoons of sugar to form a meringue. Spread thickly over top of pie. Dust with a little sugar. Brown in very slow oven.

### CURRENT PIE

- 2 cups currants, washed, picked
- 1½ cups sugar
- 1 tablespoon cornstarch
- 1 tablespoon flour
- 3 tablespoons water

Line pie plate with pie crust (see p. 394). Mix cornstarch and flour with the water. Put currants in pie crust, sprinkle with the sugar and pour over them the cornstarch mixture. Wet edges of the undercrust, cover with uppercrust, and press edges slightly together. Bake in moderate oven for about 35 minutes.

### CUSTARD PIE

- 2 cups milk, scalded
- 1 teaspoon flavoring extract
- ¾ cup sugar
- 3 eggs
- pinch of salt

Beat the eggs slightly, and add the salt and sugar. Pour into the mixture slowly the scalded milk, and add the flavoring. Line pie plate with pie crust (see p. 394). Pour in the custard mixture. Bake in slow oven for about 30 minutes.

### LEMON MERINGUE PIE

- 4 tablespoons lemon juice
- 2 tablespoons flour
- 1 cup sugar
- pinch of salt
- 1 teaspoon grated lemon rind
- 2 tablespoons cornstarch
- 2 cups water, boiling
- 3 eggs, separated
- 3 tablespoons sugar

Line pie plate with pie crust (see p. 394), and bake for 10 minutes, until the pie crust is a light brown. Mix cornstarch, flour, sugar and salt together and add ½ cup cold water. Mix until smooth. Add the 3 yolks of egg, mix well and add slowly the boiling water. Cook for about 5 minutes, stirring constantly. Add lemon juice and rind. Pour mixture into baked pie crust. Beat the 3 whites of egg with 3 tablespoons of sugar, and beat stiff to form a meringue. Spread thickly over top of pie. Dust with a little sugar. Brown in very slow oven.

### MINCE PIE

Mince pie is made by filling pie crust with mince meat. Many recipes of mince meat can be given, but the one given below is inexpensive and of good flavor. Mince meat can be made in advance, as it will keep for about 1 to 2 months. Cider or alcoholic liquors can be added and will improve the flavor, about 4 glasses being the appropriate amount. The recipe given below for mince meat will be sufficient to make 6 pies.

#### MINCE MEAT

- 4 pounds raisins, seeded and chopped
- 4 pounds apples, peeled, cored, diced
- 3 pounds currants, picked
- 4 pounds brown or white sugar
- 6 lemons, juice and grated rind
- 6 oranges, juice and grated rind
- 1 pound beef suet, chopped fine
- $\frac{1}{2}$  pound lean beef, passed through a meat grinder
- 1 cup molasses
- $\frac{1}{4}$  pound citron, chopped
- 1 tablespoon cinnamon
- 1 tablespoon cloves
- 2 teaspoons grated nutmeg
- $\frac{1}{2}$  teaspoon pepper
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon allspice

Mix all ingredients together (except the cider or the liquor used). Put in a kettle and slowly bring to a boil. Let boil for about  $\frac{3}{4}$  hour, stirring occasionally to prevent scorching. Add the cider or liquor. Put in jars, let cool off, cover and store until needed.

#### MINCE PIE

Line pie plate with pie crust (see p. 394). Place mince meat in pie. Wet edges of the undercrust, cover with uppercrust and press the edges slightly together. Bake in moderate oven for about 35 minutes.

### ORANGE PIE

- 6 tablespoons orange juice
- 2 tablespoons flour
- 2 tablespoons grated orange rind
- 2 tablespoons cornstarch
- $1\frac{1}{2}$  cups sugar
- 3 eggs
- $1\frac{1}{2}$  cups water, boiling
- pinch of salt

Line pie plate with pie crust (see p. 394), and bake for 10 minutes, until the pie crust is a light brown. Mix flour, cornstarch, sugar and salt together. Add  $\frac{1}{2}$  cup of cold water and mix well until smooth. Add slowly the eggs lightly beaten and the boiling water. Put on fire and cook, stirring constantly, until thickened (about 3 to 4 minutes). Add orange juice and orange rind. Mix well. Pour in pie crust and put in slow oven for about 5 minutes, just long enough to have the mixture adhere to the crust.

### ORANGE AND BANANA PIE

- 4 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- $\frac{1}{2}$  cup sugar
- 1 tablespoon butter

Line pie plate with pie crust (see p. 394). Mix together sugar, sliced bananas and quartered oranges. Place fruit mixture in the pie. Cut butter in small pieces and put on top of fruit mixture. Wet edges of the undercrust, cover with the uppercrust, and press the edges slightly together. Bake in moderate oven for about 30 minutes.

### PEACH PIE

- 1 tablespoon water
- 1 tablespoon butter
- 2 cups peaches, pitted, sliced
- 1 cup sugar
- $\frac{1}{2}$  teaspoon salt

Mix water, salt and sugar and sliced peaches. Line pie plate with pie crust (see p. 394). Place peach mixture in the pie. Put butter cut in small pieces on top of peach mixture. Wet edges of the undercrust, cover with the uppercrust, and press the edges slightly together. Bake in moderate oven for about 30 minutes.

### PEACH AND APPLE PIE

- 1 cup peaches, pitted, sliced
- 2 cups apples, peeled, cored, sliced
- $1\frac{1}{2}$  cups sugar
- $\frac{1}{2}$  teaspoon cinnamon

Mix the sliced peaches, sliced apples, sugar and cinnamon together. Line pie plate with pie crust (see p. 394). Place the fruit mixture in the pie. Wet the edges of the undercrust, cover with the uppercrust and press the edges slightly together. Bake in moderate oven for about 35 minutes.

### PEACH AND BANANA PIE

- 3 bananas, peeled, sliced
- 1 cup peaches, pitted, sliced
- $\frac{3}{4}$  cup sugar
- 1 tablespoon butter

Line pie plate with pie crust (see p. 394). Mix together bananas, peaches and sugar. Place fruit mixture in the pie crust. Cut butter in small pieces and place on top of fruit mixture. Wet edges of the undercrust and cover with the uppercrust. Press the edges slightly together. Bake in moderate oven for about 30 minutes.

**PEAR PIE**

- 3 cups pears, peeled, cored, sliced
- 1 cup sugar
- $\frac{1}{4}$  cup water
- 1 tablespoon butter

Mix water, sugar and pears. Line pie plate with pie crust (see p. 394). Place pear mixture in the pie. Put butter cut in small pieces on top of pear mixture. Wet edges of undercrust, cover with uppercrust and press the edges slightly together. Bake in moderate oven for about 30 minutes.

**PINEAPPLE PIE**

- 3 cups pineapple, cut in slices or pieces
- 2 cups sugar
- 1 tablespoon cornstarch
- 1 tablespoon butter

Line pie plate with pie crust (see p. 394). Mix sugar and cornstarch. Mix in the pineapple. Place the mixture in the pie. Cut butter in small pieces and place on top of pineapple mixture. Wet edges of the undercrust, cover with the uppercrust and press the edges slightly together. Bake in moderate oven for about 30 minutes.

**PRUNE PIE**

- $\frac{3}{4}$  pound prunes
- 2 teaspoons butter
- 1 tablespoon flour
- 1 tablespoon lemon juice
- $\frac{1}{3}$  cup sugar

Wash and soak prunes in cold water for about 3 hours. Cook in the same water until soft. Pit the prunes. Cut the prunes in halves or quarters and mix the sugar, lemon juice, flour and butter cut in small pieces. Line pie plate with pie crust (see p. 394). Place the prune mixture in the pie. Wet edges of the undercrust, cover with the uppercrust and press the edges slightly together. Bake in moderate oven for about 30 minutes.

**PUMPKIN PIE**

- 2 cups pumpkin, cooked and strained
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon ginger
- pinch of salt
- 2 eggs
- $\frac{1}{2}$  cup milk
- $2\frac{1}{2}$  cups sugar

Mix all ingredients together and beat well. Line pie plate with pie crust (see p. 394). Fill pie crust with pumpkin mixture. Bake in slow oven for 40 to 45 minutes.

### RAISIN PIE

- 2 cups raisins, seeded
- 1 tablespoon flour
- 2 cups water
- 1 lemon, juice only
- $\frac{1}{2}$  cup sugar
- pinch of cinnamon

Boil the raisins with the water for about  $\frac{1}{2}$  hour. Line pie plate with pie crust (see p. 394). Mix sugar, flour and the cinnamon. Add slowly the raisins and then the lemon juice. Let cool slightly. Place raisin mixture in the pie. Wet edges of the undercrust, cover with the uppercrust and press slightly together. Bake in moderate oven for about 30 minutes.

### RHUBARB PIE

- 1 tablespoon cornstarch
- $1\frac{1}{2}$  cups sugar
- 3 cups rhubarb
- 1 tablespoon butter, sweet
- pinch of salt

Wash rhubarb, cut off root and top ends, peel and cut in small pieces. Line pie plate with pie crust (see p. 394). Put in the rhubarb. Sprinkle with cornstarch, sugar and salt. Place on top the butter cut in small pieces. Wet edges of the undercrust, cover with the uppercrust and press edges slightly together. Bake in moderate oven for about 35 minutes.

### SQUASH PIE

- $\frac{2}{3}$  cup milk, scalded
- 1 teaspoon lemon juice
- $\frac{1}{4}$  cup sugar
- $1\frac{1}{4}$  cups squash, cooked and strained
- $\frac{1}{4}$  teaspoon cinnamon and nutmeg
- 2 eggs
- pinch of salt

Beat the eggs slightly. Add salt, sugar, lemon juice, cinnamon and nutmeg, then the squash. Mix well, and pour into the mixture slowly the scalded milk. Line pie plate with pie crust (see p. 394). Pour in the squash mixture. Bake in slow oven for about 35 minutes.

**SWEET POTATO PIE**

- 5 sweet potatoes, medium size, cold boiled and diced
- $\frac{1}{2}$  cup sugar
- 1 cup milk
- 1 egg, beaten

Boil milk with the sugar. Mix in the sweet potatoes and beaten egg and let stand until cool. Line pie plate with pie crust (see p. 394). Pour in the sweet potato mixture. Wet the edges of the undercrust, cover with the uppercrust and press the edges slightly together. Bake in moderate oven for about 25 minutes.

**Cake****ALMOND CAKE**

- 2 cups flour
- 3 beaten eggs
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  cup butter
- 1 cup almonds, blanched and chopped
- 1 cup sugar
- 3 teaspoons baking powder
- pinch of salt

Cream butter with sugar. Add the milk and the beaten eggs. Slowly mix in the flour, salt and baking powder. Mix well and add the chopped almonds. Bake in individual greased cake tins in hot oven for about 10 minutes.

**BROWNIES**

- 1 cup pecan nuts, shelled, chopped
- $\frac{3}{4}$  cup flour
- $\frac{3}{4}$  cup sugar
- $\frac{1}{3}$  cup butter
- 1 egg
- $\frac{1}{4}$  cup milk

Mix all the ingredients well together. Beat thoroughly to make mixture light. Pour into buttered and floured fancy cake tins. Bake in hot oven for about 15 to 20 minutes, according to the size of the tins.

**BUTTER WAFERS**

- 2 eggs
- $\frac{1}{2}$  cup sugar
- 1 cup flour
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  teaspoon baking powder
- orange or lemon rind, grated

Cream butter, and add sugar, flour, eggs, baking powder, and rind of fruit. Beat all ingredients to a smooth batter. With a tablespoon drop the mixture into a buttered pan in drops the size of a silver dollar. Bake in moderate oven for 15 minutes.

### COCOANUT TEA CAKE

- 3 cups flour
- 1½ cups sugar
- 3 eggs
- ¼ cup milk
- 2 teaspoons baking powder
- ½ cup shredded cocoanut
- flavoring extract
- pinch of salt

Mix the eggs with the milk, sugar and flavoring extract. Beat well until light. Mix together flour, salt, baking powder and shredded cocoanut. Add slowly to the egg mixture, beating constantly. Bake in cake tin in moderate oven for about 45 minutes.

### COOKIES

- 4 cups flour
- 2 cups sugar
- ¾ cup shortening
- ¼ cup milk
- little grated nutmeg
- 3 teaspoons baking powder
- 2 eggs

Cream shortening and sugar. Beat eggs and milk together and add slowly to the creamed shortening and sugar. Add baking powder and half of the flour sifted together. Add nutmeg. Add enough more flour to make it roll easily on pastry board. Roll out thin and cut with cookie cutter. Sprinkle each cookie with a little granulated sugar. Bake in floured tin in hot oven for about 10 to 12 minutes.

### COCOA COOKIES

- 1 tablespoon sugar
- 2 cups flour
- 4 tablespoons shortening
- ¼ cup milk
- ½ cup cocoa powder
- 1 egg, beaten
- 3 teaspoons baking powder
- pinch of salt

Cream the shortening with the sugar and cocoa powder. Add gradually the milk and the beaten egg. Mix well. Mix flour, baking powder and salt and add to the first mixture. Roll out on floured pastry board to a thickness of ¼ inch. Cut with cookie cutter. Bake on greased baking pan in hot oven for about 15 minutes.



### COCOANUT COOKIES

- 3 cups flour
- 4 teaspoons baking powder
- 2 eggs
- 1 cup thick cream
- 1 cup sugar
- $\frac{3}{4}$  cup shredded cocoanut
- pinch of salt

Beat eggs. Add gradually sugar, cocoanut, cream, flour, baking powder and salt sifted together. Let chill a little. Toss on floured pastry board. Roll  $\frac{1}{4}$  inch thick. Cut with a small round cutter. Bake on buttered sheet of paper in moderate oven for about 25 minutes.

### CREAM COOKIES

- $\frac{1}{2}$  cup cream
- 1 cup sugar
- 2 eggs, beaten
- $\frac{1}{2}$  cup butter
- 2 teaspoons ginger
- 2 teaspoons baking powder
- 2 cups flour
- pinch of salt

Cream the butter and add the beaten eggs, sugar and cream. Add the flour, baking powder, ginger and salt. Roll out thin on floured pastry board. Cut with cookie cutter. Bake on greased baking pan in moderate oven for about 10 minutes.

### SUGAR COOKIES

- $2\frac{1}{2}$  cups flour
- $\frac{1}{2}$  cup shortening
- 2 eggs, beaten
- 1 cup sugar
- 2 tablespoons milk
- $\frac{1}{2}$  teaspoon grated nutmeg
- grated rind of 1 lemon
- 2 teaspoons baking powder
- pinch of salt

Cream the shortening and add the beaten eggs, sugar and milk. Add flour, baking powder, nutmeg, lemon rind and salt. Mix well, roll out thin on floured pastry board and cut with cookie cutter. Bake on greased baking pan in moderate oven about 10 minutes. One minute before cookies are done, sprinkle each one with a little granulated sugar.

### CUP CAKES

- 1 cup milk
- 4 cups flour
- 5 teaspoons baking powder
- $\frac{2}{3}$  cup butter
- 2 cups sugar
- 4 eggs

Cream the butter and sugar. Add the eggs well beaten, then the milk. Add flour sifted with baking powder and stir thoroughly. Bake in buttered and floured cup tins in a hot oven for about 25 minutes. Cup cakes when cold can be covered with any kind of frosting or covering.

### CURRENT CAKE

- 1 cup currants (black or red), washed
- 2 cups flour
- 3 eggs
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup milk
- 1 cup sugar
- 4 teaspoons baking powder
- pinch of salt

Cream the butter and sugar. Add the eggs well beaten, and then the milk. Add the flour sifted with baking powder and salt, stir, and add the currants. Bake in cake tin buttered and floured for about 40 minutes in a moderate oven.

### DARK FRUIT CAKE

- 3 cups flour
- $\frac{3}{4}$  cup butter
- $1\frac{1}{2}$  cups sugar
- 3 teaspoons baking powder
- 1 cup currants
- 1 cup chopped figs
- 3 tablespoons molasses
- 2 teaspoons cinnamon and cloves
- 2 tablespoons chopped nuts
- 1 cup raisins
- 4 egg whites, beaten stiff
- pinch of salt

Cream butter and add the sugar gradually. Add the flour, baking powder and salt mixed together. Beat and mix well. Add the currants, chopped figs, chopped nuts, raisins, cinnamon, cloves and the molasses. Fold the beaten whites of egg lightly into the mixture. Bake in tube cake tin for  $1\frac{3}{4}$  hours in slow oven.

### GINGER SNAPS

- 2 cups flour
- 2 teaspoons baking powder
- 2 tablespoons shortening
- $\frac{1}{2}$  cup molasses
- $\frac{1}{2}$  tablespoon ginger
- pinch of salt

Heat the molasses with the shortening. Mix together the flour, baking powder, ginger and salt. Add this mixture to the molasses and shortening. Let cool. Toss when cool on floured pastry board. Roll out thin and cut with biscuit cutter. Place on greased pastry sheet. Bake in moderate oven for about 10 minutes. Ginger snaps must be crisp.

### GOLDEN SWEET CAKES

- 1 cup flour
- 5 yolks of egg
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  cup sugar
- 2 teaspoons baking powder
- flavoring extract
- pinch of salt

Cream butter and add sugar, milk, yolks of egg and flavoring extract. Beat until thick and lemon color. Mix together flour, baking powder and salt. Add gradually to the first mixture. Bake in individual greased cake tins in moderate oven for about 15 minutes.

### HERMITS

- 2 cups flour
- $\frac{3}{4}$  cup sugar
- $\frac{3}{4}$  cup butter
- 2 eggs, beaten
- 3 teaspoons milk
- 3 teaspoons baking powder
- $\frac{3}{4}$  cup raisins, chopped
- $1\frac{1}{4}$  teaspoons allspice
- pinch of salt

Cream the butter, and add the sugar, beaten eggs and milk. Sift flour, salt and baking powder and add the raisins and spices. Add the first mixture to the second mixture and stir together. Roll out thin on floured pastry board. Cut with biscuit cutter. Place on greased pastry sheets. Bake in moderate oven for about 10 minutes. Hermits must be crisp.

### LAYER CAKE

- 3 cups flour
- $\frac{3}{4}$  cup shortening
- $1\frac{1}{4}$  cups sugar
- 2 eggs, beaten
- 1 cup milk
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- pinch of salt

Cream shortening and add sugar gradually. Add beaten eggs and vanilla extract, then the milk. Mix thoroughly. Mix flour, baking powder and salt. Add to first mixture. Bake in two or three greased layer cake tins in moderate oven for about 15 to 20 minutes.

### LITTLE BROWN CAKES

- 3 cups flour
- 1 cup shortening
- 2 cups brown sugar
- 3 eggs, beaten
- 1 cup milk
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon clove
- 1 teaspoon cinnamon

Cream the shortening and add the sugar, beaten eggs and milk. Add flour, baking powder, clove and cinnamon. Mix well. Bake in fancy cake molds in moderate oven for about 20 minutes.

### MAPLE SYRUP CAKE

- 3 cups flour
- 3 tablespoons baking powder
- $\frac{1}{2}$  cup sugar
- 2 cups maple syrup
- $\frac{1}{2}$  cup butter
- 3 eggs, beaten
- pinch of salt

Cream the butter and add the sugar gradually. Add the beaten eggs, then the maple syrup. Mix together the flour, baking powder and salt. Add slowly to the first mixture, stirring constantly. Place in greased cake mold. Bake in moderate oven for about 50 minutes.

**MERINGUE**

- 3 egg whites
- $\frac{1}{2}$  cup powdered sugar

Beat the egg whites until stiff. Add sugar slowly, beating all the time.

**MOLASSES DROP CAKES**

- $\frac{1}{2}$  cup molasses
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  cup boiling water
- $2\frac{1}{2}$  cups flour
- $\frac{1}{2}$  cup shortening
- 1 teaspoon ginger and cinnamon
- 1 teaspoon baking powder
- 1 egg, beaten
- pinch of salt

Mix together flour, baking powder, sugar, salt, ginger and cinnamon. Add the boiling water to the molasses and shortening. Drop little by little on the flour mixture and stir in. Then add the beaten egg. Drop with a spoon on greased pan, making cakes about the size of a silver dollar. Bake in moderate oven for about 15 minutes.

**NUT MACAROONS**

- 2 egg whites, beaten stiff
- 2 cups sugar
- 2 cups nuts, chopped fine
- pinch of salt

Beat whites of egg until stiff and add the sugar and salt while beating. Fold in carefully the chopped nuts. Drop from spoon on a greased pastry sheet, and bake in moderate oven until light brown.

**OLD FASHIONED SHORTCAKE**  
(pastry only)

- 3 cups flour
- 4 tablespoons shortening
- 6 teaspoons baking powder
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  teaspoon salt

Mix flour, salt and baking powder. Add shortening by rubbing it in lightly with the tips of the fingers. Add the milk. Place in cake pan and bake in moderate oven for 20 minutes.

### PLAIN CAKE

- 1 cup sugar
- 1 egg
- $\frac{1}{4}$  cup shortening
- 1 teaspoon flavoring extract
- 1 cup milk
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 2 cups flour

Cream shortening and add sugar, mixing well. Add egg and beat well, then flavoring extract. Add to the mixture a little at a time and alternately first the flour sifted with salt and baking powder, then the milk. Bake in a greased cake tin in moderate oven for 35 to 40 minutes.

### POUND CAKE

- 4 cups flour
- 6 eggs
- 2 cups sugar
- 2 cups butter
- 2 teaspoons baking powder
- flavoring extract
- pinch of salt

Cream the butter and add sugar, mixing well. Add the eggs one at a time. Add flour, baking powder, salt and flavoring extract. Beat well. Turn into greased and paper-lined cake tin or pan. Bake in slow oven for about 55 minutes.

### SAND CAKE

- 2 cups flour
- 2 eggs, beaten
- $1\frac{1}{2}$  cups sugar
- $\frac{3}{4}$  cup butter
- 2 teaspoons baking powder
- 1 egg, white only
- chopped almonds mixed with sugar

Cream the butter. Add the sugar and the beaten eggs. Mix and sift flour and baking powder together. Add to the first mixture. Toss on floured pastry board. Roll out  $\frac{1}{8}$  inch thick. Cut with biscuit cutter. Place on greased pastry sheets. Brush over each sand cake the white of egg unbeaten and diluted with a little cold water. Sprinkle with the chopped almonds. Bake in slow oven for about 10 minutes.

**SPICE CAKE**

- 1¾ cups flour
- 1 cup sugar
- 3 teaspoons baking powder
- ½ cup shortening
- ½ cup milk
- 1 egg
- ½ teaspoon cinnamon
- ¼ teaspoon grated nutmeg
- ¼ teaspoon cloves
- 1 cup chopped raisins

Beat shortening until creamy, and add sugar and beaten egg. Add flour and baking powder sifted together, and then spices. Add milk and raisins, and mix well. Bake in small greased tins in moderate oven for about 25 to 30 minutes.

**SPONGE CAKE**

- 6 eggs
- 1 cup granulated sugar
- 2 tablespoons lemon juice
- 1¾ cups flour
- ½ teaspoon salt
- 1 teaspoon baking powder

Beat yolks of egg with sugar and lemon juice. Beat the whites of egg stiff. Cut and fold part of the beaten whites into the mixture of yolks and sugar. Fold in the flour, salt and baking powder sifted together. Add the remainder of beaten whites and mix lightly. Bake in an **ungreased** or **unbuttered** sponge cake tin in moderate oven for 35 to 45 minutes. When sponge cake is baked, turn upside down on cake rack or wire tray.

**MILK SPONGE CAKE**

- 1 cup flour
- 1½ teaspoons baking powder
- 1 teaspoon flavoring extract
- 5 tablespoons milk, scalded
- 1 cup sugar
- 2 eggs
- ½ teaspoon salt

Beat egg yolks and add half of the sugar, beating continually. Add milk and the remainder of the sugar. Beat the whites of egg stiff. Add the beaten whites of egg. Add flavoring extract. Add flour, salt and baking powder sifted together. Bake in **ungreased** sponge cake tin in moderate oven for about 30 minutes. Remove from tin as soon as the cake shrinks from the tin.

### QUICK SPONGE CAKE

- 2½ teaspoons baking powder
- ½ cup hot water
- 1½ cups sugar
- ½ teaspoon lemon or vanilla extract
- 2 cups flour
- 4 eggs

Separate the eggs. Add hot water to yolks of egg and beat until thick. Add gradually sugar and flavoring while beating. Add whites beaten stiff. Fold in sifted flour and baking powder. Turn into buttered and floured cake tin, and bake in moderate oven for 30 to 35 minutes.

### TEA CAKE

- 2 cups flour
- 1 cup sugar
- 2 eggs
- ½ lemon, peel only, grated
- ½ cup raisins
- ½ cup creamed butter
- ½ cup milk

Mix together flour and sugar. Add butter and eggs. Beat vigorously for 3 minutes. Add little by little the milk and continue to beat. Add raisins and lemon peel. Bake in greased cake mold in moderate oven for 30 to 35 minutes.

### WHITE FRUIT CAKE

- 2 cups flour
- ½ cup butter
- 1 cup sugar
- 2 teaspoons baking powder
- ½ cup chopped almonds
- 1 cup grated cocoanut
- ½ cup chopped orange peel
- ½ cup raisins
- 4 egg whites, beaten stiff
- lemon extract
- pinch of salt

Cream butter and add the sugar gradually. Add the flour, baking powder and salt mixed together. Beat and mix well. Add the chopped almonds, grated cocoanut, chopped orange peel and raisins, then the lemon extract. Fold the beaten whites of egg lightly into the mixture. Bake in tube cake tin for 1½ hours in slow oven.



## Griddle Cakes, Waffles, Etc.

### BARLEY GRIDDLE CAKES

- 1 cup white flour
- 1½ cups barley flour
- 1 egg, beaten
- 1 cup milk
- 1 tablespoon shortening, melted
- 4 teaspoons baking powder
- pinch of salt

Mix together white and barley flours, baking powder and salt. Stir in milk, beaten egg and melted shortening. Mix and beat well. Cook on slightly greased hot griddle on both sides.

### BREAD CRUMB GRIDDLE CAKES

- 1 cup flour
- 1 cup bread crumbs
- 1½ cups milk, scalded
- 2 eggs, beaten
- 4 teaspoons baking powder
- 2 tablespoons shortening, melted
- pinch of salt

Mix the melted shortening and the scalded milk together. Pour over the bread crumbs and let stand until bread crumbs are soft. Add the beaten eggs, flour, salt and baking powder. Mix and beat well. Cook on slightly greased hot griddle on both sides.

### BUCKWHEAT CAKES

- 1 cup wheat flour
- 2 cups buckwheat flour
- 7 teaspoons baking powder
- 1½ cups milk
- 1 cup water
- 1 tablespoon molasses
- 1 tablespoon shortening, melted

Sift all dry ingredients together. Add molasses, melted shortening, milk and water. Beat thoroughly. Cook on hot slightly greased griddle.

**CHEESE GRIDDLE CAKES**

- 2½ cups flour
- ½ cup grated Swiss cheese
- 5 teaspoons baking powder
- 1 tablespoon shortening, melted
- ¾ cup milk
- 2 eggs, beaten
- (no salt)

Mix together flour and baking powder. Stir in the milk, melted shortening and beaten eggs. Add the grated cheese. Mix well, but do not beat. Cook on slightly greased hot griddle on both sides.

**CINNAMON GRIDDLE CAKES**

- 3 cups flour
- 4 teaspoons baking powder
- ½ tablespoon cinnamon
- 2 tablespoons shortening
- 1 cup milk
- 1 egg, beaten

Mix and sift all dry ingredients together. Add beaten egg, melted shortening and milk. Mix and beat well. Cook on slightly greased hot griddle on both sides.

**COCOANUT GRIDDLE CAKES**

- 2½ cups flour
- ½ cup grated cocoanut
- 4 teaspoons baking powder
- 2 eggs, beaten
- ¾ cup milk
- 2 tablespoons shortening, melted
- pinch of salt

Mix together flour, cocoanut, baking powder, eggs, and salt. Add the milk and the melted shortening. Mix and beat well. Cook on slightly greased hot griddle on both sides.

**CORNMEAL GRIDDLE CAKES**

- 1½ cups cornmeal
- 1 cup white flour
- 2 tablespoons baking powder
- 2 tablespoons sugar
- 1½ cups milk
- 1 cup boiling water
- 2 tablespoons shortening, melted
- 1 egg, beaten
- pinch of salt

Pour the boiling water over the cornmeal and let stand for 5 minutes. Add melted shortening, sugar, flour, baking powder and salt. Add well beaten egg and the milk. Mix and beat well. Cook on slightly greased hot griddle on both sides.

**GRIDDLE CAKES**

- 2 cups flour
- 5 teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons shortening, melted
- 1 egg, beaten
- 1 cup milk
- ½ cup water

Sift and mix all dry ingredients together. Add milk, egg, water and melted shortening. Beat well. Cook on slightly greased hot griddle on both sides.

**HAM AND WHEAT GRIDDLE CAKES**

- 2½ cups wheat flour
- 4 teaspoons baking powder
- ¾ cup boiled ham, chopped not too fine
- 1 egg, beaten
- 1 cup milk
- (no salt or shortening used on account of the fat and salt contents of the ham)

Mix together wheat flour, baking powder and chopped ham. Stir in milk and well beaten egg. Mix and beat well. Cook on slightly greased hot griddle on both sides.

### RICE GRIDDLE CAKES

- 1 cup white flour
- 1½ cups rice flour
- 1 egg, beaten
- 1 cup milk
- 1 tablespoon shortening, melted
- 3 teaspoons baking powder
- pinch of salt

Mix together white and rice flours, baking powder and salt. Stir in milk, well beaten egg and melted shortening. Mix and beat well. Cook on slightly greased hot griddle on both sides.

### RYE GRIDDLE CAKES

- 1½ cups white flour
- 1 cup rye flour
- 1 egg, beaten
- 1 cup milk
- 1 tablespoon shortening, melted
- 4 teaspoons baking powder
- pinch of salt

Mix together white and rye flours, baking powder and salt. Stir in milk, beaten egg and melted shortening. Mix and beat well. Cook on slightly greased griddle on both sides.

### SOUR MILK GRIDDLE CAKES

- 3 cups flour
- 2½ cups sour milk
- 1½ teaspoons baking powder
- 1 egg, beaten
- ½ teaspoon salt

Mix together flour, salt and baking powder. Add beaten egg and sour milk. Mix and beat well. Cook on slightly greased hot griddle on both sides.

### FRENCH PANCAKES

- 2 cups flour
- 1 cup milk
- 3 eggs, beaten
- 1½ tablespoons sugar
- 1½ tablespoons butter, melted

Mix gradually the eggs, flour and sugar. Add the milk and melted butter slowly. The mixture will be quite thin. Mix and beat well. Drop 1½ tablespoons of the mixture at a time in well greased (buttered preferably) frying pan, spreading the mixture by a turning movement in the frying pan until it starts to thicken. The pancake must be thin and cooked on both sides. Serve with powdered sugar.

Contrary to a common belief in America, French pancakes do not need the addition of baking powder. The habit of rolling jam or other sweet mixture, or adding flavoring (as lemon, nutmeg, or cinnamon) in the pancakes is also wrong. These are called in France jelly, spiced, flavored or fancy pancakes and are of English origin.

## GERMAN PANCAKES

- 1½ cups flour
- 1 cup milk
- 1 tablespoon sugar
- 5 eggs
- pinch of salt

Make a smooth paste with the milk, sugar, salt and flour. Break in the 5 eggs one at a time, stirring constantly. Beat well. Heat a good sized frying pan and grease well. Put about 6 tablespoons of the mixture in the frying pan. Put frying pan in a hot oven. Cook until brown and puffed. Serve with jelly, sugar and slices of lemon.

## WAFFLES

- 2 cups flour
- 4 teaspoons baking powder
- ¾ teaspoon salt
- 1¾ cups milk
- 2 eggs
- 1 tablespoon melted shortening

Sift flour, baking powder and salt. Add milk and shortening to egg yolks. Beat the egg whites and mix with all other ingredients. Bake in greased hot waffle iron until nicely brown. Turn once.

## COCOANUT WAFFLES

- 3 cups flour
- 4 tablespoons baking powder
- 1 cup shredded cocoanut
- 2 teaspoons sugar
- 2 eggs, beaten
- 2 cups milk
- 4 teaspoons shortening, melted
- ½ teaspoon salt

Mix together flour, shredded cocoanut, salt, sugar and baking powder. Add milk, beaten eggs and melted shortening. Beat well. Cook in hot well greased waffle iron to a golden brown.

## CRULLERS

- 1½ cups milk
- 1 cup sugar
- 3 tablespoons shortening
- 3 eggs
- 5 cups flour
- 6 teaspoons baking powder
- powdered sugar

Cream sugar and shortening. Add the eggs and beat well until light. Add slowly the milk, then the flour and baking powder. Mix thoroughly. Roll out in sheet ¼ inch thick on floured pastry board. Cut in fancy shapes and fry in deep hot fat. Cool off and dust with powdered sugar.

**DOUGHNUTS**

- 3 tablespoons shortening
- $\frac{2}{3}$  cup sugar
- 1 egg, beaten
- $\frac{2}{3}$  cup milk
- 1 teaspoon grated nutmeg
- $\frac{3}{4}$  teaspoon salt
- 3 cups flour
- 5 teaspoons baking powder
- powdered sugar

Cream shortening and sugar. Add the beaten egg. Stir in the milk. Add the nutmeg, salt, flour and baking powder. Make a dough stiff enough to be rolled. Roll out on floured pastry board to a thickness of about  $\frac{1}{4}$  inch. Cut out with doughnut cutter. Fry in deep hot fat. Sprinkle with powdered sugar.

# Candy

Candy, being composed for the most part of sugar, nuts and chocolate, is high in food value. Sugar is also a highly concentrated food. Its pleasant flavor makes it one of our popular daily foods.

Man craves "something sweet," and generally will eat all he can afford to buy.

Candies are easily digested if eaten after meals.

Sugar, on account of the rapidity with which it is assimilated, quickly relieves fatigue.

Candy making is a pleasure enthusiastically welcomed by young and old.

Home made candy cannot match the factory made candy for looks, but home made candy is a true, pure candy.

All that is necessary to make candy besides the materials is a fire, a pan and a thermometer.

A knowledge of the definite temperature in candy making is essential to satisfactory results, as sugar in cooking gives varied results at various temperatures. Watching the changes in the syrup mass of sugar as the cooking progresses is a fascinating as well as a most profitable study. (See table on p. 420 for sugar cooking.)

In candy making, bear in mind that the various degrees of heat produce differing results in the syrup, and that the real trick in candy making is to remove the heat at the exact moment when the desired result is secured.

Never cook sugar with too much water. Use just enough water to dissolve the sugar well. About  $\frac{1}{2}$  cup cold water to 2 cups of sugar is the right proportion.

In candy making, always boil your sugar on a hot fire and do not let it simmer.

Stir your sugar, when making candy, all you want to before boiling, but after the sugar starts boiling never stir unless you add milk, cream, butter or molasses. In this case stir gently, as the stirring is only to prevent sticking.

## PRACTICAL HINTS

Do not try to make candy on a muggy day; the results will be unsatisfactory. Often it is impossible to make any candy at all.

If the day is slightly rainy or foggy, do not try to use chocolate.

White cane sugar is better in candy making than brown sugar.

### How to Boil Sugar

Put water and sugar in a sauce pan.

When the sugar is melted, bring quickly to boiling point and skim. Remove only the discolorations, not the froth.

Add a pinch of cream of tartar to prevent the sugar from "graining."

When the syrup is boiling at its own level, put in the candy thermometer and continue to boil until the degree required is reached.

If any particles of sugar stick to the sides of the pan, wash them off with a damp brush or a damp cloth, or they will cause the syrup to grain.

### Testing Sugar While Boiling

Put your pan containing the dissolved sugar and water (syrup) on a hot fire and wait until it boils.

Take with a spoon a little of the syrup and drop slowly in cold water.

#### Thread (215 to 217 degrees F.)

When the sugar drops out from the spoon into threads, the degree is called "small" or "large thread," as the case may be.

#### Pearl (220 to 222 degrees F.)

As more water evaporates and the temperature gets higher, a sample of syrup dropped into cold water forms on the main mass spherical globules, which will gradually mix with the rest. This degree is called the "pearl."

#### Blow (230 degrees F.)

After a little more boiling, bubbles can be made in a little of the syrup on the spoon by blowing down the hollow part of the spoon. This degree is called the "blow."

#### Feather (232 degrees F.)

After a little more boiling, in following the same procedure as for the "blow," the little bubbles will fly. This is called the "feather" degree.

#### Soft and Hard Ball (238 to 248 degrees F.)

After boiling a short time longer, the syrup when dropped with a spoon into cold water will form a "soft ball" at 238 to 240 degrees F. A little later, following the same procedure, the syrup will form a "hard ball" at 248 degrees F.

#### Crack (290 to 310 degrees F.)

Boiling longer, and precipitating the syrup in cold water by using the spoon, it will crack and set hard on the spoon. This is called the "crack" degree.

#### Caramel (350 degrees F)

Soon after the "crack" has been reached, if the syrup is kept on the fire, it will turn to a deep brown color, and the odor of caramel will escape. This is the degree called "caramel."

After the "caramel" degree is reached, if the syrup is allowed to cook, it will burn.

### TABLE FOR SUGAR COOKING

A candy thermometer is useful to obtain correct temperature.

Usual Terms	Degrees
Small Thread .....	215 F.
Large Thread .....	217 F.
Pearl .....	220 F.
Large Pearl .....	222 F.
The Blow .....	230 F.
The Feather .....	232 F.
Soft Ball .....	238-240 F.
Hard Ball .....	248 F.
Small Crack .....	290 F.
Crack .....	310 F.
Caramel .....	350 F.



**ALMOND ROCK**

- 1 cup sugar
- 3<sup>4</sup> tablespoons water
- 1 teaspoon lemon juice
- $\frac{3}{4}$  cup almonds, shelled

Boil sugar, water and lemon juice together to 310 degrees F. Take off the fire and stir in the almonds. Pour into buttered tin. Break in large pieces with a quick jerk of a knife blade when entirely cool.

**BRYN MAWR FUDGE**

- 1 tablespoon butter
- 1 pound sugar (2 cups)
- 3 tablespoons chocolate, grated
- $\frac{1}{4}$  pound marshmallows, broken in pieces
- $\frac{1}{2}$  pint cream
- 1 teaspoon vanilla extract

Mix chocolate, sugar and cream in a sauce pan and bring to a boil. Add the butter. Boil to 240 degrees F. Remove from fire. Add the marshmallows and vanilla. Pour into buttered pan. Cut in squares before it hardens too much.

**BUTTERSCOTCH**

- 2 tablespoons water
- 2 cups sugar
- 2 tablespoons butter, sweet

Boil all ingredients together without stirring to 310 degrees F. Pour out on buttered tin to cool. Cut in desired shape.

**COCOANUT CHOCOLATE SQUARES**

- $1\frac{1}{2}$  cups sugar
- $\frac{2}{3}$  cup cocoa
- $\frac{1}{2}$  cup milk
- 4 tablespoons shredded cocoanut

Boil the milk and mix the cocoa with it. Add sugar. Boil not too quickly to 236 degrees F. Remove from fire. Stir in the shredded cocoanut. Beat until it begins to harden. Pour into oiled or buttered (sweet butter) tin. Cut in squares while warm.

### COFFEE NUT FUDGE

- 1 tablespoon butter, sweet
- 2 cups sugar
- 1 cup strong coffee
- ½ cup chopped walnuts and pecans

Boil sugar, butter and coffee together in a pan, stirring constantly until the mixture reaches 240 degrees F. Remove from fire and stir until it begins to stiffen. Add the nuts and pour the whole mixture in an oiled or buttered (sweet butter) pan. Cut into squares before it hardens.

### CREAM STICKS

- 4 cups powdered sugar
- 1 teaspoon vanilla extract
- 1 cup water
- powdered sugar

Boil the sugar and water to 260 degrees F. Pour instantly on oiled pan or marble slab, and scatter vanilla extract over it. As soon as cool enough, pull and cut in sticks. Sift powdered sugar over it and leave on the marble or pan, covered with another pan or a heavy cloth, until it changes from a chewy to a creamy substance.

### CREAM SUGAR

- 1 pound sugar (2 cups)
- 1 teaspoon cream
- 1 teaspoon butter
- 1 teaspoon vinegar
- few drops vanilla, orange, coffee, strawberry or lemon extract to flavor

Boil all ingredients together (except flavoring extract) to 235 degrees F. Remove from fire and beat until creamy. Add flavoring extract. Pour into oiled or buttered (sweet butter) tin. When slightly cooled off, mark in squares. Cut a little later.

### CRYSTALLIZED FRUIT OR FRUIT PEEL

- ½ cup water
- 2 cups sugar
- 1 pound material to be crystallized

Cook water and sugar to 223 degrees F. Remove from fire and let cool off until entirely cold. Place the material to be crystallized in rows in a flat tin pan in such a way that the particles of material do not touch each other. Pour over them the cold syrup carefully and gradually, with as little disturbance of the material as possible. When the material is all covered with the syrup, place over the top of the syrup a dampened cheesecloth. Allow this to stand undisturbed for about 9 hours. Remove cheesecloth. Pour syrup and material over a wire sieve. Let the syrup drain off entirely. This requires about 5 to 6 hours. The pieces of material are then dry and are covered with a fine white crystal.

Best results are obtained in crystallization by having the fruits sliced and by leaving on the skin or peel. This also improves the flavor.

**DIVINITY**

- 1½ cups sugar
- ⅓ cup corn syrup
- ⅓ cup water
- ½ cup milk
- 2 egg whites

Put water, milk, sugar and corn syrup in sauce pan. Stir thoroughly. Put over fire, stirring until it boils. Boil to 255 degrees F. Remove from fire. Let stand while beating stiff the whites of egg. Beat whites very stiff. Pour the syrup slowly over the whites beating constantly. Turn into oiled or buttered (sweet butter) pan.

**FRUIT FUDGE**

- 2 cups sugar
- ¼ cup chopped nuts
- ½ cup milk
- ¼ cup chopped figs
- ¼ cup chopped raisins
- 2 tablespoons butter
- 1 teaspoon flavoring extract (lemon or orange)

Boil together in a sauce pan the milk and sugar to 240 degrees F. Add butter, flavoring, nuts and fruit. Beat until creamy. Pour into buttered tin and cut before it hardens.

**MOLASSES TAFFY**

- 2 cups sugar
- 2 cups molasses
- ¼ teaspoon soda
- 1 tablespoon vinegar
- 2 tablespoons butter, sweet

Boil sugar, molasses, vinegar and butter in a pan, stirring constantly in the last part of the cooking until it reaches 255 degrees F. Before removing from fire stir the soda in. Pour into buttered (sweet butter) tin. When easy to handle, after cooling off a bit, pull until light and firm. Draw in sticks and cut in about 1 inch lengths.

**NUT AND COCOA FUDGE**

- 2½ cups sugar
- 6 tablespoons powdered cocoa
- ¾ cup milk
- 2 tablespoons butter
- 1 teaspoon vanilla extract
- 2 tablespoons chopped nuts

Boil sugar, butter and milk for a few minutes. Pour over cocoa and mix thoroughly. Put back on fire and boil to 248 degrees F. Add vanilla, pour into a bowl and beat until creamy. Turn into a buttered or oiled shallow tin, sprinkle with the nuts, and mark in squares. Cut when a little cooler.

**PEANUT BRITTLE**

- 1 cup sugar
- $\frac{1}{2}$  cup water
- 1 cup shelled roasted peanuts

Cook sugar and water to 348 degrees F. Quickly stir in the peanuts. Pour immediately on warm buttered tin. Cut when slightly cool.

**PEANUT FUDGE**

- $1\frac{1}{2}$  cups sugar
- $\frac{1}{4}$  cup milk
- $\frac{1}{2}$  cup roasted peanuts
- 2 tablespoons butter
- 1 teaspoon vanilla extract

Put sugar, milk and butter together in a sauce pan. Place on fire and boil to 234 degrees F., stirring constantly. Let the mixture cool off, and add the flavoring. Beat until creamy. Put the mixture in a buttered pan. Sprinkle with the roasted peanuts, whole or chopped. When the fudge is entirely cold, cut in squares.

**PEPPERMINT WAFERS**

- $2\frac{1}{2}$  cups sugar
- 2 cups water
- 12 drops peppermint oil

Boil water and sugar together to 217 degrees F. Take from fire, add peppermint oil, and beat until cloudy. Drop from tip of teaspoon on slightly buttered sheets of paper.

**PINEAPPLE AND FIG CREAM**

- 2 cups sugar
- 1 cup water
- $\frac{1}{2}$  cup pineapple and figs chopped together
- 2 tablespoons butter

Boil sugar, butter and water to 236 degrees F. over a steady, moderate heat. Do not stir while boiling. When mixture is taken off the fire, add the pineapple and figs. Then beat until creamy. Pour into buttered pan, mark and cut when cool.

**PINOCHÉ**

- 2 cups maple syrup
- 2 cups brown sugar
- 1 cup cream
- 1 tablespoon butter
- 1 cup chopped walnuts

Boil together the maple syrup, cream, brown sugar and butter to 240 degrees F. Let cool off a bit. Add the chopped walnuts. Beat until creamy. Pour into buttered tin. When almost cold, cut in squares.

**RASPBERRY CARAMEL**

- 1 cup water
- 1 cup milk
- 3 cups sugar
- $\frac{1}{3}$  teaspoon cream of tartar
- 1 teaspoon raspberry extract

Boil milk, water and sugar, stirring to prevent scorching. When boiling point has been reached, add cream of tartar. Boil until syrup reaches 240 degrees F. Add raspberry extract. Pour into oiled tin. Cut in squares when cool.

**SUGARED ALMONDS**

- 1 cup sugar
- $\frac{1}{3}$  cup water
- 1 cup blanched almonds

Dissolve the sugar with the water. Boil to 240 degrees F. Turn in the blanched almonds and stir off the fire until the almonds are well coated, but turn them out on a plate or tin before they become one mass.

**Second Coating**

- 1 cup sugar
- $\frac{1}{3}$  cup water

Repeat as above for the first coat of sugar. Be sure to remove almonds from the pan before they stick together.

**TOFFEE**

- $\frac{3}{4}$  cup water
- $\frac{1}{4}$  cup butter, sweet
- 4 cups brown sugar

Boil water, sugar and butter to 310 degrees F. Pour on buttered pan. Cut in pieces when cool.

**VANILLA CARAMELS**

- 3 cups sugar
- 1 cup cream
- 1 tablespoon vanilla extract

Put sugar and cream to boil, stirring occasionally to prevent scorching. Continue to cook to 240 degrees F. Add vanilla. Cook again to 248 degrees F. Pour into oiled tin. When cool, mark with a knife slightly oiled. Then cut in squares.

# Preserving

Most of the processes of preserving food were known long before the reasons for them were understood.

The greatest dangers in preserving foods are air and moisture. Improperly preserved foods develop mold, or they ferment and then decay or putrefy.

The Preservation of foods is divided into two classes:

1. Temporary preservation.

2. Continued preservation.

1. Temporary preservation is accomplished by protecting the food from: loss of moisture; too much moisture; contact with insects or dust; or losing color. Foods preserved under this class are commonly known as dried, dehydrated, dessicated, stored, smoked, pickled, salted, processed, concentrated, wrapped, dipped, coated, injected, marinated, packed, etc.

2. Continued preservation is accomplished by protecting the food against the action of mold growths and the attacks and putrefactive results of bacteria. For continued preservation the utensils, containers and food itself must be sterilized, as in canning, jam or marmalade making, bottling. Another process of continued preservation is known as exclusion of air.

Many processes of preserving foods, if properly conducted, can be used in the household. Skill is very seldom required in preserving food (except in drying and dehydrating), as preservation is really a mechanical and chemical process.

The danger of food preserved under unsanitary processes is great. It generally results in death by poisoning. The form of poisoning can be rapid or slow, the speed of infection depending on the kind of food, or rather on its chemical and structural composition.

## Methods of Preserving

The different methods of preserving are commonly conducted as follows:

1. **By Drying.** The food materials are exposed to the natural heat of the sun. Of late this method has lost most of its value on account of the unsanitary handling. We dry meat, fish, fruits and vegetables.
2. **By Dehydrating.** The food materials are exposed to artificial heat in enclosed chambers. Moisture is added to the warm air from time to time to prevent too rapid a formation of crust on the outer part of the food material, due to the dryness of the air in the dehydrator. Dehydration is the safest way of preserving by drying. We dehydrate fish, meat, fruits and vegetables.
3. **By Evaporating.** The food materials are subjected to dry heat or boiled down quickly in order to extract or concentrate the juice and flavor of the food. Sometimes slow heat is applied to evaporate foods to a certain degree necessary for their commercial value. We evaporate fruit juices, fruits, meat juices, vegetables and milk.

4. **By Freezing.** The food materials which spoil quickly are frozen at a very low temperature. Once frozen, the food must be kept in refrigerators, and if shipped must be packed in ice. We freeze meat, fish, poultry, and some liquids extracted from fruits, vegetables or meats.
5. **By Refrigeration.** The food materials to be preserved by this method must be used in a short time. The danger of spoilage in refrigeration is due to the accumulation of moisture in the refrigerator. The food materials are placed in cold storage, refrigerators, ice boxes, or placed in or on ice. We use refrigeration for keeping meats, milk, eggs, butter, fish, vegetables, fruits, liquids and solid compounds of food.
6. **By Use of Sugar.** The food materials are mixed with sugar, raw or cooked. Sugar has been recognized as an excellent preservative. We use sugar in manufacturing jam, jelly, marmalade, candy, condensed milk, etc.
7. **By Use of Oil.** The food materials are immersed in cold or boiled oil or cooked in oil. We use oil in preserving sardines, anchovies, salmon, olives.
8. **By Salting.** Two methods of preserving by salting are used: (1) Dry salting—by simply alternating in the container one thick layer of salt and one layer of food material. (2) Corning or salting in brine—by immersing the food materials in a brine made of water, salt, some condiments, chemical ingredients and seasoning. We dry-salt fish, vegetables, and meats. We corn and salt in brine meats, vegetables (corned meats: beef and pork).
9. **By Pickling.** The food materials are immersed in a brine made of vinegar and salt, seasoning and condiments. The vinegar may be cold or boiled. We pickle fruits, meats, vegetables and fish.
10. **By Smoking.** The food materials are first salted, then hung for a certain length of time in a closed room where the smoke of burning wood (generally hickory) is allowed to enter. The outside of any smoked food is ordinarily brown. We smoke fish, meats and poultry.
11. **By Use of Antiseptics.** The food materials are rubbed or sprinkled with, or immersed in, antiseptic powders or preparations. Borax, alum, salicylic acid, are commonly used. This way of preserving is the least wholesome and should be entirely abandoned. We use antiseptics in preserving vegetables, meats and sauces.
12. **By Exclusion of Air.** The food materials are preserved by processes other than canning which exclude the air or prevent the contact of air with the food. We exclude the air when we process eggs, or immerse eggs in lime water; also if we preserve fruits, such as grapes or apples, by covering them in barrels with sawdust or bran.
13. **By Canning.** The food materials are put raw or cooked in sterilized tins, cans or jars. The containers are again sterilized when their contents are closed or sealed in hermetically. This is the most commonly used way of preserving food.

## PRESERVING SEASONS

Foodstuff	In the South	In the North
Apples .....	September.....	September
Apricots .....	August.....	August
Asparagus .....	April.....	May-June
Beans, Lima .....	June.....	July
Beans, String .....	June.....	July
Beans, Wax .....	June.....	July
Blackberries .....	August.....	August
Blueberries .....	July.....	July
Brussels Sprouts .....	August.....	October
Cabbage .....	October.....	October
Cauliflower .....	May.....	September
Cherries .....	June.....	June-July
Corn .....	July.....	August
Currants .....	July.....	July
Gooseberries .....	July.....	July
Grapes .....	August.....	September
Huckleberries .....	July.....	July
Okra .....	July-August.....	September
Parsnips .....	October.....	October
Peaches .....	July-August.....	August-September
Peas .....	May.....	July
Peppers .....	September.....	September
Pineapples .....	June.....	June
Plums .....	July-August.....	August
Raspberries .....	June.....	July
Rhubarb .....	April-May.....	June-July
Spinach .....	April.....	August
Squash .....	June.....	August
Strawberries .....	April-May.....	May-June
Swiss Chard .....	August.....	August
Tomatoes .....	June.....	August-September
Turnips .....	July.....	July

## 1. Drying

(Drying by natural heat of the sun.)

In preserving by drying with sun heat, two dangers are present: (a) Dust. (b) Insects. It is practically impossible to avoid them. This method of preserving by the housewife, therefore, should not be encouraged. Nevertheless, here are a few recommendations in using the drying process of preservation:

The food material should be small, or cut in such a way that only the flat portions are exposed to the sun rays. The food material should be placed on trays or racks, or should hang exposed to the sun rays. When the food material is placed on trays, it should be turned on the tray at least once a day to present both sides to the sun rays. In case of rain, the food material should be removed to shelter. After sundown, it should also be removed to closed shelter.



## 2. Dehydrating

(Drying by artificial heat.)

Dehydrating is a method of preserving food material by removing the moisture present in the food material which causes the food to spoil. Preservation is also brought about by the prevention of the growth of micro-organisms which cannot live without moisture.

Dehydrating is also commonly known as "Drying," but the term "Dehydration" is applied to convey the distinction that the removal of moisture must be made by the use of artificial heat.

Dehydrating must be conducted carefully, as the aim of the process is to preserve the food materials in such a way that they retain as closely as possible their natural flavor, color and nutritive value. After the dehydrating process, the nutritive value of the food, so far as has been determined, remains practically unaltered, there being a concentration of the food material through the removal of moisture.

Dehydration stops the natural process of ripening and decaying in the case of fruits and vegetables.

Dehydrating can be conducted without difficulty in any home kitchen, the equipment necessary being simple. Nor is it an expensive process.

### Equipment

The equipment necessary for successful dehydrating in the home is:

(a) **Knives.**

They are used for peeling, paring and slicing. Ordinary kitchen knives will answer the purpose as long as they are sharp.

(b) **Kettles.**

The kettles are needed to boil the water required for blanching. In some cases the food material should be immersed for a certain length of time in boiling water and boiled for a few minutes. This blanching process may be omitted, as its purpose is only to bring out the natural color. Ordinary kettles of a good size are required.

(c) **Dehydrators.**

**Oven.** A very slow oven may be used for dehydrating purposes. The food materials are spread on platters, sheets of metal, or, far better, on pieces of wire mesh. The oven door should be left slightly open to allow a circulation of air which carries off the moisture so extracted from the food materials.

**Cook stove dehydrator.** The best results in dehydrating are obtained by using cook stove dehydrators. Many small sized cook stove dehydrators are on the market and they give good and successful results. The cook stove dehydrators are of oven-like structure, usually made of sheets of galvanized iron or of wood and galvanized iron. They can be placed on top of any kerosene, gas, oil, wood or coal burning stove, or on sides or top of furnace, or on or near other heating appliances.

**Hot air register.** When a hot air furnace is in operation in the house, a dehydrator may be placed over the register.

In using any method or apparatus in dehydrating, remember that to be successful the most important point is the control of the heat to prevent scorching the surface of the food material.

(d) **Trays.**

The dehydrators available on the market hold a series of galvanized wire mesh trays on which the food materials are placed after being prepared for dehydrating.

(e) **Containers.**

Dehydrated food materials should be stored in moisture-proof containers. A good container is a tin box or bucket with cover, or a can with tight cover. All containers should be lined with parchment paper on top of the dehydrated food material to prevent direct contact with the cover. Pasteboard boxes with tight covers which can be sealed with adhesive tape make good containers providing they are lined with parchment paper. Heavy paper or linen sacks with the end twisted and tied over double are good containers. Glass jars with tight covers are usually successful as containers. Unless the containers are moisture proof, in dry temperature the food material will continue to dry and harden and then lose flavor; in damp or moist temperatures the food material will take up moisture and spoil.

### How to Dehydrate

(a) **Preparation.**

The food material used for dehydrating should be fresh, tender and perfectly clean. No food material to be successfully dehydrated should be large.

In the case of vegetables, wash and clean well. In the case of fruit, remove dust. Very few fruits, except berries, can be dehydrated whole; they must be either cut in halves or sliced (with or without the skins). It is also preferable, in the case of vegetable roots (carrots, turnips, potatoes, beets), to slice or dice before dehydrating.

There are also a number of special practices, such as sulphurizing, lye peeling and lye dipping, which are employed commercially, but they should be omitted in home dehydrating.

(b) **Blanching.**

This is a practice used to remove excess acid or strong odors and to prevent discoloration in vegetables. Blanching is accomplished by placing the product in a wire basket or colander and scalding in boiling water for a short time (3 to 5 minutes). This is followed by rapid cooling by dipping in cold water. The process of blanching is not essential and may be omitted without fear of inferior dehydrated product. It is a process used only to please the eye in the finished product.

(c) **Placing on trays.**

The prepared food materials (cut, sliced, peeled, pitted, diced or whole) are spread on the wire mesh trays, evenly and not in too thick layers. The thinner the layer, the better the result. Place the trays in the dehydrator. The heat must be applied to the dehydrator for at least 5 minutes before inserting the trays.

### Temperature of Dehydration

The temperature required in dehydration varies with each product. The dehydrating can be done in two ways:

1. Starting at a high temperature which is gradually lowered, or
2. Starting at a low temperature which is slowly increased.

In either case great care must always be exercised when products are nearly dehydrated not to let them scorch. The best test for temperature is the use of a thermometer. The temperature in a dehydrator rises quickly.

Generally speaking, fruits stand a higher heat than vegetables. In vegetables the risk of scorching is greater than in fruits.

Vegetables should be dehydrated at a temperature from 120 degrees F. to 140 degrees F. Fruits should be dehydrated at a temperature from 140 degrees F. to 160 degrees F.

### Time of Dehydration

The time required for dehydration varies according to the food material used and according to its moisture content. It is quite impossible, therefore, to give any set time for dehydrating (3 to 6 hours are generally required). The only safe rule is to judge each tray separately. Remove food materials from trays when dehydration seems sufficient. As a rule it takes a much longer time to dehydrate fruits than vegetables.

### When Dehydrated

It is extremely difficult to give detailed directions for determining accurately when the food materials are dehydrated, but these few suggestions may assist:

Slices of vegetables will rattle on the trays, will snap on being bent, and will not appear leathery.

Vegetable dice will be spongy, but should not show moisture on squeezing.

Peas, beans and corn must rattle when stirred on the trays.

Fruits should reach a stage where on squeezing a handful and opening the hand, the pieces will spring apart. They should be elastic, springy, not brittle, and not so moist that water can be pressed out from the end of a freshly cut piece. (This applies to fruits such as pears, prunes, peaches, apricots, apples.) Berries should have a tendency to rattle on the trays.

### Conditioning

After removing the dehydrated products from the trays and before storing or packing, the product must be put in large boxes, protected from dust and insects, where it can be stirred every day for a week until the individual pieces become uniform in dryness. This conditioning also allows part of the ordinary atmospheric moisture to be distributed thoroughly and evenly in the dehydrated product.

### Storing

When conditioning is completed, the dehydrated product should be placed in suitable containers (see Containers p. 430). The best storing place for dehydrated products is a dark and dry room. The room should be dry naturally and not heated. From time to time the dehydrated product should be examined for the appearances of insects or molds.

### Insect Control

The worst enemies of dehydrated food materials (besides moisture) are insects, especially the Indian Meal Moth. The Indian Meal Moth is the greatest source of spoilage in dehydrating. Unfortunately there is no absolutely

sure way of keeping this insect under control. If there are any signs of infection at any time, and if infection is not too far advanced, dipping the dehydrated food material in boiling water for a few seconds and re-dehydrating it for a short period will kill all insect eggs and will not injure the food material.

### Yields in Dehydrating

Any statements of yields of dehydrating (i. e., the number of pounds of dehydrated material yielded from a given number of pounds of fresh material) are approximate, as a great number of factors may influence the yield, such as age, degree of maturity, amount and distribution of moisture, and other environmental factors.

### DEHYDRATION YIELDS OF FRESH FRUITS AND VEGETABLES

Fruits and Vegetables	Fresh    Dehydrated	
	lbs.	lbs.
Apples.....	25	3
Apricots .....	25	4
Beans (navy) .....	25	5
Beets .....	25	4
Cabbages .....	25	2
Carrots .....	25	2 to 3
Celery .....	25	2
Figs .....	25	5
Onions .....	25	3
Peaches .....	25	3
Pears .....	25	5
Peas (green) .....	25	5
Potatoes .....	25	5
Prunes .....	25	8
Pumpkins .....	25	2
String Beans .....	25	3
Turnips .....	25	3

### How to Use Dehydrated Product

As a general rule the best way to use the dehydrated vegetables or fruits is to soak them in cold water for several hours and then use them in practically the same way as though fresh.

### Vegetables Which Can Be Dehydrated

As stated before, there are no exact recipes for dehydrating fruits or vegetables. The lists given below are not complete. Any other fruits or vegetables related to those named can be treated in the same manner.

**Asparagus.** Wash, trim and cut in desired lengths. Then dehydrate.

**Beans (string, wax).** Wash and string carefully. If too large, cut in uniform sized pieces. Blanch if desired. Then dehydrate.

**Beans (white, red, lima).** Shell. Then dehydrate.

**Beets.** Should be blanched whole with leaf tops. Do not trim tops or roots—this will keep the red color throughout the beets. Then peel and slice. Then dehydrate.

**Brussels Sprouts.** Discard any spoiled outer leaves. Wash. Firm heads can be dehydrated whole, but large heads must be cut in halves. Blanche if desired. Then dehydrate.

**Cabbages (green or red).** Trim, wash, core and shred. Then dehydrate.

**Carrots.** Wash, scrape or pare; slice round, long or across; or dice. Then dehydrate.

**Cauliflower.** Wash, trim and cut in pieces, using only the best parts. Then dehydrate.

**Celery.** Wash, clean, divide stalks, cut in pieces. Then dehydrate.

**Corn.** Husk and remove silk. Dry on or off cob. Do not use worm-eaten parts. Then dehydrate.

**Horseradish.** Wash, scrape, slice or grate. Rinse in water and vinegar before dehydrating.

**Leeks.** Wash, remove spoiled leaves and cut in pieces. Then dehydrate.

**Mushrooms.** Remove sand, wash in lukewarm water. Dehydrate slowly.

**Okra.** Wash, blanche if desired. Young ones can be dehydrated whole, but larger ones must be cut.

**Onions.** Wash, peel and slice. Then dehydrate.

**Parsnips.** Trim, wash, peel and slice. Then dehydrate.

**Peas.** Shell, wash and dehydrate.

**Peppers (green or red).** Wash, split and remove seeds. Then dehydrate.

**Potatoes.** Wash, peel, dice or slice. Blanche, if desired, after cutting. Then dehydrate.

**Pumpkin.** Cut open, remove seeds, peel, cut in slices or dice. Then dehydrate.

**Spinach.** Wash carefully and remove coarse stems. Then dehydrate.

**Squash.** Cut open, remove seeds, peel, and cut in slices or dice. Then dehydrate.

**Turnips.** Wash, peel, slice or dice. Then dehydrate.

### Fruits Which Can Be Dehydrated

**Apples.** Core, quarter and slice. Then dehydrate.

**Apricots.** Wash lightly, split and remove pits. Then dehydrate.

**Bananas.** Peel, cut in halves or slices. Then dehydrate.

**Berries.** Wash lightly and pick. Handle as little as possible. Then dehydrate.

**Cherries.** Stem. Pit if desired. Then dehydrate.

**Figs.** Use only ripe ones. Dust. Then dehydrate.

**Peaches.** Cut in halves and pit. Then dehydrate.

**Pears.** Pare, core, slice or cut in halves according to size. Then dehydrate.

**Plums.** Wash or dust lightly. Then dehydrate.

### Herbs, Plant Leaves and Flowers Which Can Be Dehydrated

Herbs, many plant leaves, and even flowers may be dehydrated. Wash lightly and dehydrate slowly. Many dehydrated flowers or leaves can be prepared and served as tea. Dehydrated herbs are mostly used for seasoning and flavoring.

Basil	Mint	Sage
Bay leaves	Mustard seeds	Tarragon
Carraway	Orange blossoms	Thyme
Chives	Orange leaves	Violet leaves
Coriander	Parsley	Violets
Geranium leaves	Rose leaves	White lilies
Marjoram	Roses	

### 3. Evaporating

Evaporating applies to liquids, such as milk, fruit juices, meat juices or extracts. In the case of fruit or fish or meat, the process of evaporating is known as Dehydrating or Drying.

To preserve food materials in good condition by evaporating, an evaporating apparatus is necessary. Unfortunately no small evaporating apparatus has been manufactured for household use. Evaporating, therefore, is not recommended for preserving purposes in the home.

### 4. Freezing

Preserving food material by the freezing process requires machinery and equipment which cannot be used in the household. This method, therefore, should be abandoned by the housewife.

### 5. Refrigeration

This method of preserving is quite simple. Place the food material uncovered in any ice-box or refrigerator. The duration of safe preservation by refrigeration is 3 to 4 days. To have good refrigeration wash refrigerator or ice-box at least once a week with soapy boiling water. This will not only keep the refrigerator or ice-box clean, but will prevent unpleasant odors which are very quickly absorbed by the foods.

### 6. Use of Sugar

The use of sugar is the method of preserving most commonly used in the household. The use of sugar is necessary as a preservative in making of the following:

- a. Fruit Juice.
- b. Jelly.
- c. Preserve.
- d. Jam.
- e. Conserve.
- f. Marmalade.
- g. Fruit Butter.

### Government Regulations on Foods Preserved by the Use of Sugar

If offered for sale in any place, all preserved foods must be labeled in conformity with the Federal and State Pure Food Laws. Copies of the Federal Pure Food Laws may be obtained from the Superintendent of Documents, U. S. Government Printing Office, Washington, D. C. Copies of the State Pure Food Laws may be obtained from the State Board of Health of the State where the food has been prepared or is to be sold.

### FRUIT JUICES

Fruit juices are made by cooking the fruits or the juices of fruits with a small amount of sugar.

Fruit juices after cooking must not be syrupy, as they are generally used as a drink.

Only sound, ripe fruit should be used.

#### How to Make Fruit Juices

The only recipe which can be used safely in making fruit juices is:

- 2 cups sugar
- 1 gallon fruit juice

#### Equipment

The necessary equipment in making fruit juice is:

1. Crusher of some kind.
2. Cheese cloth.
3. Flannel bag.
4. Pail or bucket for holding and handling the fruit or fruit juice.
5. Large kettle for heating the fruit or fruit juice.
6. Wash boiler for pasteurizing bottles or jars.
7. Caps and bottles, if using bottles to keep the fruit juice after it is made, or jars, jar tops, clamps and jar rings, if jars are used to keep the fruit juice after it is made.

#### Directions

Crush the fruit and heat to the simmering point (180 degrees F.) with the sugar.

After this, strain the fruit through a cheese cloth and allow to run slowly.

When the juice has all been strained, just warm it up a little (lukewarm), and allow it to run slowly through a flannel bag.

Pour the juice in sterilized bottles, put on caps and boil slowly in wash boiler for about 35 minutes from the time the water has reached the boiling point.

If jars are used, adjust tops and rings and raise clamps, and boil slowly in wash boiler for about 30 minutes from the time the water has reached the boiling point. Then seal.

Fruit juice keeps better if stored in a dark place.

## Fruits Used

Apples	Figs	Pears
Apricots	Gooseberries	Pineapples
Blackberries	Grapefruit	Prunes
Blueberries	Grapes	Raspberries
Cherries	Lemons	Strawberries
Cranberries	Loganberries	Wild Berries
Currants, black	Oranges	
Currants, red	Peaches	

## JELLY

Jelly is made from the juice of fruits boiled with sugar to a clear, elastic consistency.

Jelly must be of good color and firm enough to retain the shape of the mould.

The flavor of the fruit juice should be clearly distinguishable in the jelly.

In order to make good jelly, the housewife should thoroughly understand why the jelly jells. Pectin is the jellifying principle in jellies.

To make jelly there must be:

1. Juice of any fruit which contains **acid** and **pectin**.
  2. Sugar.
  3. Heat.
  4. Proper equipment.
1. Pectin is a vegetable substance of starchy origin which gives the fruit juice its gelatinizing property. Pectin works best in the presence of an acid. Therefore a fruit juice which contains both pectin and acid makes a better jelly with a more tender consistency. When pectin is deficient in a fruit juice it must be added; when acid is deficient, acid must be added. These two points are most important in jelly making.

There are two ways of determining the pectin content of fruit juice:

(a) **Alcohol Test.** (Wood alcohol is a deadly poison and must never be used. Grain alcohol is therefore recommended.) Mix 1 tablespoon of cooked fruit juice and 1 tablespoon of alcohol. If pectin is present, it will either collect in a solid mass indicating a large amount of pectin, or in small particles indicating a small amount of pectin. Watch this test carefully, as alcohol dissolves the pectin very quickly.

(b) **Epsom Salts Test.** Mix 1 teaspoon of cooked fruit juice,  $\frac{1}{2}$  teaspoon sugar and  $\frac{1}{2}$  teaspoon Epsom Salts. Stir until dissolved and let stand for 5 minutes. If the mixture jells within this time, it is a good jellifying juice.

**Acid Test.** There is no acid test readily made, except by tasting the fruit juice. It should have a decided acid taste to have sufficient acid for jelly making.

If additional pectin is needed, boil the fruit with apple peelings, or with the white portion of the rind of lemon, grapefruit or orange.

If additional acid is needed, boil the fruit with lemon juice or slices of lemon.



2. **Sugar.** Use any kind of sugar in jelly making (except brown sugar), as long as the sugar is of good quality.
3. **Heat.** Any heat produced by a cooking stove will be good in jelly making. Do not try to make jelly in the open air.
4. **Equipment.**
  - Kettles.** Use flat, low kettles of medium size.
  - Spoons.** Use silver or wooden spoons. Do not use a galvanized iron spoon.
  - Strainers.** Fine mesh wire strainers are best. Do not use colanders or aluminum strainers.
  - Jelly Bags.** Cotton or flannel bags are best.
  - Glasses and Containers.** Use jelly glasses with tightly fitting covers.
  - Paraffin.** Any paraffin of good quality will do.

### Sterilization of Jam or Jelly Glasses

To sterilize jam or jelly glasses, proceed as follows:

Place the glasses in a pan.

Pour boiling hot water into each until completely full.

Let the glasses stand until the jam or jelly is to be poured in.

When jam or jelly is ready to be poured in, empty glasses, one or two at a time, then fill with the hot jam or jelly preparation.

### How to Make Jelly

**Wash and pick the fruit.**

**Extract the juice** by boiling 1 cup of water to each pound of fruit. Boil until fruit is very soft—this requires about 30 to 40 minutes. Long cooking destroys the pectin.

**Straining.** After the fruit is cooked, strain through a strainer and then filter through a jelly bag. Do not press, as this will make the juice cloudy.

**Adding the sugar.** Place the juice back on the fire as soon as the juice is filtered. Add the sugar. The amount of sugar to be used is determined by the amount of pectin or acid in the fruit juice. When pectin is present in the fruit juice, 1 cup of sugar for every cup of juice is necessary. When pectin is lacking, only  $\frac{1}{2}$  cup of sugar to 1 cup of juice is necessary, even when apple parings or citrus rind has been added to increase the pectin content. When the sugar has been added, cook rapidly until the jelly stage is reached.

**Testing the jelly.** Before making any test, remove the jelly from the fire. The use of a candy thermometer is the most efficient method of testing. The right degree is between 218 degrees F. and 220 degrees F. But other tests can be made. Two of the simplest ones are as follows:

(a) **Cooling Test.** Place a tablespoon of the jelly in a small dish and cool quickly. If it can be pushed back with the spoon, the jelly stage has been reached.

(b) **Spoon Test.** Take up a little of the jelly on a spoon. Allow it to cool slightly by moving the spoon gently in the air for a few seconds. Then, if the jelly in dropping from the spoon cleaves off in a sheet or flake and leaves the spoon clean, the jelly stage has been reached.

**Skimming.** When the jelly stage has been reached, skim the liquid.

**Pouring jelly in glasses.** Wash and boil jelly glasses to sterilize them. Remove from the water, a few at a time, and drain while hot. Pour the jelly while hot into the hot glasses. Fill the glasses full.

**Covering.** Allow the jelly to cool off entirely, and then cover with a thin layer of melted paraffin.

### Sealing of Jam or Jelly Glasses

The jam or jelly mixture must be poured in the glasses while hot.

The glasses must be full.

Let jam or jelly cool off entirely before sealing.

When cold, cover the jam or jelly with a thin layer of melted paraffin—this excludes the air.

If hermetic caps or tin tops are used, the melted paraffin is unnecessary, as the jam or jelly must be sealed while hot.

### Practical Hints

Best results in jelly making are obtained by cooking only small quantities of fruit at a time—enough to make 6 to 8 glasses of jelly.

The pectin test should be made after the juice has been extracted and before adding the sugar (the juice must be cooled off to the room temperature).

The use of a thermometer prevents many failures in jelly making.

Any fruit juice, after boiling has begun, should be cooked to the jelly stage as quickly as possible.

Apple juice is the surest base for other fruit jellies.

Fruit used for jellies should be in firm and good condition.

Using half ripe fruit and half under-ripe fruit in jelly making gives satisfactory results.

Extracting the juice from the fruit must be done by cooking in order to extract the pectin.

Jelly bags must be boiled each time they are to be used.

Do not be discouraged in testing your jelly—different juices jell at different temperatures. Keep on testing until jelly stage has been reached.

Too much sugar in jelly makes the jelly soft. Too little sugar makes the jelly tough.

Overcooking is bad in jelly making.

Pectin cannot be tested out in uncooked fruit juice.

Pectin is present in larger quantities in under-ripe than in ripe or over-ripe fruits.

Jelly is more often spoiled by too much sugar than by too little sugar.

Test your jelly three or four times during the cooking with sugar, as it may become overcooked in a very short time.

No time should be lost in pouring jelly into the glasses, as jelly may harden in the kettle.

If you use labels on your jelly glasses, always include the date.

In jelly making do not use a kettle which has been chipped. Jelly will stick and burn on this spot.

Rapid cooking in jelly after the sugar has been added gives a clear jelly of tender texture.

Best results are obtained in jelly making when sugar has been slightly heated (not browned) in an oven or over a steam kettle.

Skim your fruit juice and jelly as much and as carefully as possible. Your jelly will be clearer.

### Fruits Commonly Used in Making Jelly

The following fruits jell easily as they contain pectin and acid in correct proportions for jelly making:

Currants	Blackberries
Grapes	Quince
Sour Apples	Plums
Crab Apples	Blueberries
Gooseberries	Black Raspberries
Cranberries	Red Raspberries

The following fruits can jell only by the addition of acid:

Pears	Peaches
Cherries	Sweet Apples

The following fruits can jell only by the addition of pectin:

Pineapple	Apricots
Rhubarb	Strawberries

### How to Make Pectin for Use in Jellies

#### APPLE PECTIN

- 1 pound apples, skin and cores only
- 1 lemon, juice only
- 1 quart water

Boil together for about  $\frac{3}{4}$  hour. Press through a cheesecloth bag. Filter through flannel bag without pressure. Bottle the apple pectin. Put caps on bottles. Sterilize for 15 minutes. Keep in cool place until needed in jelly making.

### ORANGE PECTIN

Scrape or cut yellow rind from peels of oranges (this is not used). Pass the remaining white peel through a meat chopper. Use enough oranges to make required amount of white peel. Mix as follows:

- 1 pound white peel, ground
- 1 quart water
- 4 tablespoons lemon juice

Let stand about 20 minutes. Add another quart of water. Boil about 12 minutes. Let stand about 12 hours. Boil for 10 minutes. Pass through flannel bag. Bottle the orange pectin. Put caps on bottles. Sterilize for 15 minutes. Keep in cool place until needed in jelly making.

### MINT JELLY

Since this jelly is made and used extensively in the home, it seems advisable to give a recipe for making it. It is made by combining orange or apple pectin with crushed mint leaves.

- 1 pint orange or apple pectin
- 1 pound sugar
- $\frac{3}{4}$  cup chopped mint leaves
- $\frac{1}{4}$  cup water

Bring pectin to boiling point, add sugar, water and mint and boil rapidly until jellifying point is reached. Follow directions for making jelly (see p. 437).

### Fruits and Combinations of Fruits Making Good Jelly

Jellies from the following fruits are easily made:

Apple	Grape, Muscadine
Apple and Mint	Grape and Apple
Apple and Strawberry	Grape and Apricot
Apricot	Grape and Orange
Apricot and Pineapple	Grapefruit
Apricot and Plum	Grapefruit and Cherry
Apricot and Strawberry	Grapefruit and Red Berry
Blackberry	Lemon
Cherry	Lemon and Cherry
Cherry and Pineapple	Lemon and Raspberry
Crab Apple	Loganberry
Crab Apple and Raspberry	Loganberry and Pineapple
Currant, Black	Orange
Currant, Red	Orange and Apple
Currant, White	Orange and Pineapple
Currant and Apple	Orange and Plum
Currant and Apricot	Peach
Currant and Pear	Peach and Apple
Currant, Peach and Pineapple	Peach and Pear
Fig	Peach and Quince
Fig and Lemon	Pear
Grape	Pear and Apricot

Pear and Strawberry	Raspberry
Pineapple	Raspberry and Currant
Plum	Red Berry
Plum and Raspberry	Strawberry
Quince	Strawberry and Cherry
Quince and Apple	Strawberry and Peach
Quince and Apricot	Tomato and Peach

## PRESERVES

Preserve is the term applied to a method of preserving with sugar whole fruit or pieces of fruit cut in uniform size by making first a syrup with the sugar and water and then cooking the fruit in the syrup until it is saturated.

Practically any fruits, berries and sometimes vegetables can be preserved with this general recipe :

- 1 pound fruit, washed, picked, or peeled, whole or cut
- $\frac{3}{4}$  cup sugar
- 1 cup water

To make good preserves is not a difficult task.

## Equipment

The equipment necessary to make preserves consists of :

1. Scales and Weights.
  2. Kettles.
  3. Skimmers.
  4. Sugar.
  5. Heat.
  6. Wash Boiler.
  7. Jars.
1. **Scales.** Ordinary scale and weights.
  2. **Kettles.** Large ordinary kitchen kettles are used. Never use metal kettles (with exception of copper) in making preserves.
  3. **Skimmers.** Ordinary skimmers will answer all purposes required for the preserves. They are used to prevent the fruit from floating on the surface and also to remove the fruit from the syrup before placing it in the jars.
  4. **Sugar.** Any sugar of good quality can be used, except brown or maple sugar.
  5. **Heat.** Any heat produced by a cooking stove will be good in making preserves. Do not make preserves in the open air.
  6. **Wash Boiler.** An ordinary sized wash boiler for sterilization of the jars is required. A wooden rack placed at the bottom of the wash boiler is necessary in the sterilization of the jars and their contents.
  7. **Jars.** The most convenient jars used in making preserves are known as **preserving jars**. They are glass jars with tops, rubber rings or metal clamps. The preserving jars are safer than other jars, because they are practically air tight.

## How to Make Preserves

### Preparation of Fruit.

Wash, pick, peel, cut or leave fruit whole, according to the fruit used.

Weigh fruit, washed and prepared for preserving.

Measure or weigh sugar.

### Cooking the Fruit.

Boil the sugar and water in the preserving kettle until they form a thin syrup. Generally boiling for 2 to 3 minutes will be sufficient.

The housewife should know of the changes which take place in the structure of the fruit during the preserving process. When the fruit is cooked in syrup, a diffusion between the fruit juices and syrup takes place. If the syrup is **thin**, or of a **light density**, when the fruit is put into it, the diffusion or the mixing of the fruit juices with the syrup through the fruit cells takes place **evenly** and the fruit keeps its plumpness. If the syrup is **thick** or of a **heavy density**, the fruit juices are drawn out rapidly and the syrup cannot enter into the fruit quickly enough to prevent shrinkage. Therefore, always start preserves with a thin syrup.

There is no set degree of density for the syrup, as each fruit used varies in sugar content, and when the fruit is penetrated by the syrup, the density of the syrup decreases or increases according to the sugar content of the fruit. When the syrup has reached the density desired, immerse the fruit gently in it. Bring slowly to a boil and let just simmer. Take the skimmer and press the fruit down into the syrup. If large whole fruits are to be preserved, from time to time turn them in the syrup to give the syrup an opportunity to penetrate the fruit on all sides. Whole fruits have a tendency to float and stay still in the syrup, leaving half of the fruit immersed in the syrup, and half of the fruit floating. The exposing of part of the fruit to the air is prejudicial to keeping an even and natural color of the fruit in the preserving syrup.

### Sterilization of Jars.

Place jars, covers, rubber rings, or any appliances which go with the jars, in the wash boiler, and pour over them boiling water enough to cover them to 3 inches above the top of the jars. Let the jars stand until the preserves are to be poured in.

### When Preserves Are Done.

Preserves are done when the syrup has thickened a bit, has taken the natural color of the fruit used, and the fruit is tender. Syrup must be of about the same thickness as honey. At this time the preserves are ready to be poured into the jars.

### Filling the Jars.

Remove the jars from the wash boiler one or two at a time and put on rubber rings, if used. With the skimmer or a spoon according to the size of the fruit preserved, remove the fruits from the syrup and pack them in the jars, the syrup being poured little by little as the packing progresses and until the jars are quite full. Then fill the jars to overflowing with the syrup only. The fruits and the syrup must be poured in the jars while hot.

### Sealing the Jars.

Put covers on the jars and adjust the clamps. Do not wipe the syrup from the tops or rubber rings before sealing. Bacteria may be introduced by wiping.

Place the sealed jars back in the wash boiler, cover with hot water to 6 to 8 inches above the tops of the jars, bring to boiling point and let boil for 20 minutes for pint size jars and 30 minutes for quart size jars.

### Care of Preserves.

After this second sterilization, put the jars on a tray to cool. When cool, invert the jars, and examine for leaks. If syrup leaks, the sealing is not safe. If leaks are found, remove the jar tops and examine rings for defects. Pour the contents of the jars in a kettle, bring quickly to boiling point, let boil for 1 minute, and proceed as if preserves had been freshly made. Sterilize the empty jar tops and rings, fill jars, and seal again. Boil again for 20 to 30 minutes to resterilize.

Below are a few recipes for preserves. Many other preserves can be made, because, as said before, any fruit can be used in making preserves.

### GINGER PEAR PRESERVE

- 3 pounds pears, peeled, cored, quartered
- 6 cups sugar
- 2 lemons, juice and grated rind
- 2 cups water
- 1 tablespoon ginger, cut in small pieces

Boil the water, add the pears and let cook until tender. Add the lemon juice, rind, sugar and ginger. Boil rapidly for 5 minutes. Place pears in sterilized jars, pour over them the boiling syrup and seal (see p. 442). The jars must be filled full.

### MIXED FRUIT PRESERVE

- 1 cup apples, peeled, cored, diced
- 1 cup peaches, peeled, cored, diced
- 1 cup pears, peeled, cored, diced
- 1 cup raspberries, picked
- 3 lemons, (juice of 2 lemons and 1 lemon sliced)
- 4 cups sugar
- 1 cup water

Boil sugar and water for about 3 minutes. Pour into the syrup the fruits. Let simmer for about 10 minutes. Pour into sterilized jars and seal (see p. 442). The jars must be filled full.

### PEACH PRESERVE

- 1½ pounds peaches, peeled, pitted, cut in halves
- 1½ cups water
- 2 cups sugar

Boil the water and sugar until the syrup coats a spoon. Add the peaches and boil slowly and gently until the peaches are clear. By that time the syrup will be thick. Place peaches in sterilized jars, pour over them the boiling syrup, and seal (see p. 442). The jars must be filled full.

**PEAR PRESERVE**

- 1 pound pears, peeled, cored, cut in halves or whole
- 2 cups sugar
- 2 cups water
- 1 lemon, sliced thin

Boil the water and sugar until it coats a spoon. Add the pears and lemon and boil slowly and gently until the pears are tender and transparent. Place pears in sterilized jars, pour over them the boiling syrup, and seal (see p. 442). The jars must be filled full.

**RASPBERRY PRESERVE**

- 3 cups raspberries, picked
- 3 cups sugar
- $\frac{1}{4}$  cup water

Boil sugar and water. When boiling, pour in the raspberries. Let simmer for about 5 minutes. Pour into sterilized jars and seal (see p. 442). The jars must be filled full.

**RHUBARB PRESERVE**

- 4 cups rhubarb, cut in small pieces
- 3 cups sugar
- $\frac{1}{2}$  cup water

Boil the sugar and the water for about 4 to 5 minutes. Drop in the rhubarb and let simmer for about 3 minutes. Pour into sterilized jars and seal (see p. 442). The jars must be filled full.

**STRAWBERRY PRESERVE**

- 3 cups strawberries, picked
- 3 cups sugar
- $\frac{1}{4}$  cup water

Boil sugar and water. When boiling, pour in the strawberries. Let simmer for about 5 minutes. Pour into sterilized jars and seal (see p. 442). The jars must be filled full.

**TOMATO PRESERVE**

- 6 pounds tomatoes, peeled, cut in halves
- 8 cups sugar
- 2 lemons, juice and meat (no rind)
- pinch of salt

Scald the tomatoes in boiling water and remove skin. Cut them in halves. Press out with the hands the juice of the tomatoes. Add the sugar and salt and the juice and meat of the lemons to the tomato juice. Cook quickly until thick with sugar. Pour into sterilized jars and seal (see p. 442). The jars must be filled full. This preserve should be of a rich red color.



## JAM

Jam is the product obtained by cooking sugar with fruits or vegetables. In the process of making jam, the fruits or vegetables are somewhat crushed, the object being to cook the mass into a smooth paste of a jelly-like consistency.

To make jam all that is necessary is:

1. Fruits.
2. Sugar.
3. Heat.
4. Proper equipment.

### 1. Fruits.

Use three-quarters ripe fruit and one-quarter slightly under-ripe fruit in making jam. This will give flavor and color to the product and improve the consistency. Whole fruit is used to better advantage, but cut or bruised fruit (not decaying) may also be used.

### 2. Sugar.

Use any sugar of good quality, except brown or maple sugar.

### 3. Heat.

Any heat produced by a cook stove can be used. Do not cook jam in the open air.

### 4. Equipment.

**Kettles.** Use any good sized kettle—porcelain lined, agate or copper kettles preferred.

**Spoons.** Use wooden spoons or spatulas. Do not use metal spoons.

**Scales.** Use ordinary kitchen scales and weights.

**Glasses, Jars and Containers.** Use jelly glasses, glass jars or other containers with tightly fitting covers.

**Paraffin.** Any paraffin of good quality will do.

## Proportions for Making Jam

There is practically only one recipe used in making jam:

1 pound of fruit, washed and picked

$\frac{3}{4}$  pound of sugar

Fruits vary in sugar content, but, by cooking them with the sugar in making jam, the amount of sugar in the mass will be equalized.

## How to Make Jam

Wash and pick the fruit.

Weigh fruit and sugar according to recipe.

### Cooking the Jam.

Put the fruit and sugar into kettle with a little water. Put on fire and bring slowly to the boiling point. Mash fruit with the wooden spoon while cooking. Stir frequently, being careful to lift the mixture from the bottom of

the kettle. When boiling point has been reached, increase the speed of cooking and cook rapidly, stirring constantly to prevent burning or scorching. Do not stir too rapidly, or beat the mixture. During this period of cooking the mass reaches the consistency of a smooth, thick mass. The jam must be tested before putting in jars.

### Testing Jams.

Before making any test of the jam, remove it from the fire. A candy thermometer is the most efficient method of testing. The temperature of jam, when ready to be poured in jars, will range from 221 degrees F. to 223 degrees F. The difference between these degrees depends upon the kind of fruit used. If you have no candy thermometer, you may use one of the following tests:

**Cooling Test.** Place a tablespoonful of the jam in a small dish. Let cool. If the mass remains in place after cooling, the jam is done.

**Spoon Test.** Take up a little of the jam on a spoon. Allow it to cool slightly, move the spoon gently in the air for a few seconds. If the jam sticks to the back of the spoon, the jam is done.

### Pouring Jam in Glasses or Jars.

Wash and boil jam glasses or jars to sterilize them. Remove from the water a few at a time and drain while hot. Pour the jam while hot into the hot glasses or jars. Fill them full.

### Covering.

Allow the jam to cool off entirely and cover with a thin layer of paraffin.

Jam making is the most commonly used way of preserving fruits with sugar. The simplicity of the process is the cause of the interest shown by the housewife in the extensive use of this process of preserving. Besides, jam is an appetizing, wholesome and very nutritious food for everybody—children, grown-ups and aged persons. There is no special advice to be given in making jam, as there is no failure to be afraid of, exception being made for burning which is the result of carelessness.

### List of Fruits Making Good Jam

Jams from the following fruits are easily made:

Apple	Currant, Red
Apple and Grape	Currant, White
Apple and Orange	Currant and Apple
Apple and Peach	Currant and Raspberry
Apple and Quince	Fig
Apricot	Grape
Apricot and Grape	Grape, Muscadine
Apricot and Pear	Grapefruit
Apricot and Quince	Huckleberry
Blackberry	Lemon and Fig
Blueberry	Lemon and Red Berry
Cherry	Loganberry
Cherry and Grapefruit	Mint and Apple
Cherry and Strawberry	Orange
Crab Apple	Orange and Grape

Peach  
Peach and Strawberry  
Peach and Tomato  
Pear  
Pear and Currant  
Pear and Peach  
Pineapple  
Pineapple and Apricot  
Pineapple and Cherry  
Pineapple and Loganberry  
Pineapple and Orange  
Pineapple and Peach  
Pineapple, Peach and Currant  
Plum

Plum and Apricot  
Plum and Orange  
Quince  
Quince and Peach  
Raspberry  
Raspberry and Crab Apple  
Raspberry and Lemon  
Raspberry and Plum  
Red Berry and Grapefruit  
Strawberry  
Strawberry and Apple  
Strawberry and Apricot  
Strawberry and Pear

### CONSERVES

Conserve are fruits, whole or cut in pieces, cooked with sugar, and sometimes with the addition of nuts or spices. The consistency of conserve is about the same as that of jam.

When spices are added, they should not be added until the conserve has nearly finished cooking.

When nuts are added, they should be chopped or cut in small pieces and added only when the conserve has nearly finished cooking.

The method of making conserve is the same as that on making jam (see p. 445).

#### CANTALOUPE AND PEACH CONSERVE

- 2 cups cantaloupe, peeled, diced
- 2 cups peach, peeled, pitted, diced
- 2 lemons, juice and grated rind
- 3 cups sugar

Cook together all ingredients until thick and clear. Pour into jelly glasses (see p. 438).

#### CHERRY AND BLACKBERRY CONSERVE

- 1½ cups blackberries
- 1 cup cherries, pitted
- 2 cups sugar
- ¼ cup water

Put water, blackberries and cherries in kettle. Boil for about 5 minutes, until berries and cherries are exploded. Then add the sugar. Cook until thick and clear. Turn into jelly glasses (see p. 438).

#### CHERRY AND RASPBERRY CONSERVE

- 1 cup raspberries
- 1 cup cherries, pitted
- 1½ cups sugar
- ¼ cup water

Cook the cherries with the water slowly, until the skins are tender. Add the raspberries and the sugar. Boil quickly until mixture is thick. Pour into jelly glasses (see p. 438).

**GOOSEBERRY AND BLUEBERRY CONSERVE**

- 4 cups blueberries
- 4 cups gooseberries
- 2½ cups sugar
- 1 cup water

Put water, blueberries and gooseberries in kettle and boil for about 5 minutes, until berries are exploded. Pass through a strainer or sieve, forcing the flesh of the berries through. Add the sugar. Cook the mixture until thick and partially clear. Turn into jelly glasses (see p. 438).

**GRAPE CONSERVE**

- 2 pounds seeded grapes (red or white)
- 2 pounds sugar
- 2 oranges, juice only
- grated rind of 1 orange

Cook all ingredients together until thick. Pour into jelly glasses (see p. 438).

**PEACH AND PINEAPPLE CONSERVE**

- 1 cup pineapple, peeled, cut in pieces
- 1 cup peach, peeled, pitted, diced
- 1 orange, juice and grated rind
- 1 lemon, juice and grated rind
- 2¾ cups sugar

Cook all ingredients together until thick. Pour into jelly glasses (see p. 438).

**PEACH, CARROT AND APPLE CONSERVE**

- 2 cups apple, peeled, cored, diced
- 2 cups carrot, peeled, diced
- 1 cup peach, peeled, sliced
- 3 cups sugar
- 1 lemon, juice only
- ½ cup water

Mix fruits and sugar together, add water and lemon juice. Bring slowly to a boil. Let simmer gently until thick and clear. Turn into jelly glasses (p. 438).

**PEAR AND APPLE CONSERVE**

- 2 cups pear, peeled, cored, diced
- 2 cups apple, peeled, cored, sliced
- 1 lemon, juice and grated rind
- 3½ cups sugar

Cook together all ingredients until thick. Pour into jelly glasses (see p. 438).

**PINEAPPLE, CHERRY AND APPLE CONSERVE**

- 3 cups pineapple, sliced, chopped
- 4 cups cherries, pitted
- 2 cups apple, peeled, cored, diced
- 4 cups sugar

Mix all the fruits with sugar and let stand for about 2 hours. Cook until thick. Turn into jelly glasses (see p. 438).

**PUMPKIN CONSERVE**

- 2½ pounds pumpkin
- 2 pounds sugar
- 1 lemon, sliced thin
- 1 teaspoon cinnamon
- pinch of salt

Pare and remove skin of pumpkin, and cut in slices. Add the sugar, cinnamon, salt and lemon slices. Put in stew pan with the cover on and heat gradually. Then increase the heat and boil until the mixture is thick. Pour into jelly glasses (see p. 438).

**QUINCE, APPLE AND RAISIN CONSERVE**

- 3 cups apple, peeled, cored, sliced
- 1 cup quince, peeled, quartered
- 1½ cups raisins, washed, stemmed
- 2½ cups sugar

Boil the sugar, apple and quince for about 5 minutes. Add the raisins. Continue to cook until thick. Pour into jelly glasses (see p. 438).

**RHUBARB AND APPLE CONSERVE**

- 2 cups rhubarb, cut in small pieces
- 1 cup apple, peeled, cored, diced
- 2 cups sugar
- ¼ cup water

Mix fruits with water and sugar and cook until thick and partially clear. Turn into jelly glasses (see p. 438).

**STRAWBERRY AND RHUBARB CONSERVE**

- 4 cups rhubarb, cut in pieces
- 4 cups strawberries, picked
- 4½ cups sugar

Boil all ingredients together slowly until thick. Turn into jelly glasses (p. 438).

### TOMATO AND APPLE CONSERVE

- 2 cups apple, peeled, cored, diced
- 2 cups tomato, peeled, sliced
- 3 cups sugar
- 1 lemon, sliced very thin

Mix all ingredients together. Cook mixture until thick and partially clear. Turn into jelly glasses (see p. 438).

### MARMALADE

Marmalades are made of the pulp and juices of fruits cooked with sugar.

Marmalades are more jelly-like than jam and pieces of the fruits are suspended in this jelly-like mass.

Sometimes marmalades are made of vegetables, or a combination of vegetables and fruits.

Marmalades and jams are so closely related and the difference between them is so small that all recipes, methods of making, and also the list of fruits used for making jams, can be followed either in jam or marmalade making (see pp. 445, 446 and 447).

### FRUIT BUTTER

Fruit butter is the product obtained by cooking fruit, or fruit pulp with sugar to a paste harder in consistency than jam.

Fruit pulp can be obtained by crushing the fruit with a wooden crusher or by passing the fruit through a sieve. The temperature of fruit butter when it reaches its finished stage in cooking must range from 227 degrees F. to 230 degrees F.

The recipes and methods for making fruit butter are similar to those for making jam. (See Jam, p. 445.) All fruits used in jam making can be used in making fruit butter.

The residue of fruit in the jelly bag, after straining the fruit juice in jelly making, can be advantageously used in making fruit butter. (See Jelly, p. 437.)

The following is a typical simple recipe:

### GRAPE AND APPLE BUTTER

- 2 cups grapes
- 2 cups apple, cored and quartered, but not peeled
- 2 cups sugar
- ½ cup water

Put water, grapes and apple in a kettle and boil until tender and soft. Pass through a strainer or sieve, forcing the flesh of the fruits through. Add the sugar. Cook the mixture until thick. Turn into jelly glasses (see p. 438).

## 7. Preserving in Oil

Preserving in oil consists of immersing food materials in oil. Olive oil is the safest oil to use in preserving. Preserving in oil is done by two methods:

- (a) In cooked oil.
- (b) In uncooked oil.

The cooked oil method gives a longer duration of preserving qualities than the uncooked oil method.

The food materials to be preserved in oil (both methods) should be strictly fresh, sound in structure, and small in size. If the food material is large, it is better and safer to slice it in thin slices or cut it in strips. In both methods also condiments should be added, except in preserving olives, when they should be omitted.

There are no general recipes or formulae to be given, but 2 quarts of oil will preserve safely 3 to 4 pounds of food materials.

### (a) Cooked Oil Method

- 2 quarts oil
- 2 onions, medium size, sliced
- 1 tablespoon salt
- $\frac{3}{4}$  tablespoon pepper
- 2 cloves
- 1 small piece of garlic
- 2 bay leaves

Boil all together in a kettle for about 3 minutes. Strain through a cheese cloth and pour very gradually while boiling hot over the food materials, which should be tightly packed in a sterilized container. Adding the boiling oil gradually gives the food materials a chance to be penetrated by the oil. Put on cover when entirely cold, and store in a cool (not cold) place until wanted.

### (b) Uncooked Oil Method

- 2 quarts oil
- 1 tablespoon salt
- $\frac{3}{4}$  tablespoon pepper
- 2 cloves
- 2 bay leaves

Note that in this method no garlic or onion is used. Arrange the food materials to be preserved in a container which can be made as airtight as possible. Sterilize both container and cover. Place the condiments between the layers of food materials. Pour in the oil. In pouring the oil, pour as slowly as possible, thus giving time to the food materials to absorb oil slowly. The oil must cover the food materials by at least 2 inches. Put covers or caps on and store in a cool place (not cold).

Any food material such as slices of meats, fish, vegetables, fruits (whole or sliced), shelled nuts, etc., can be preserved in oil by using either method. It is useless to give a list of these different food materials, as the material to be preserved depends entirely on the taste and fancy of the consumer.

## 8. Salting

Two general methods are used in preserving by salting:

- (a) Dry salting.
- (b) Corning or salting in brine.

Either method gives good results. Dry salting is best suited to fish, vegetables, roots of vegetables, and in some cases to meat. Brine salting is best suited to meat. An equally good method is by using for the same food material first the dry salting method, and then the brine salting method.

Sometimes, on account of warm climate or temperature, the salt brine has a tendency to sour. If that happens, it is easily remedied by simply removing the food material from the brine, boiling the brine for 2 to 3 minutes, letting it cool off and then pouring again over the food material.

Food material to be preserved by the dry salt method should be as clean and dry as possible. In using the brine method food material should be as clean as possible, but does not need to be dry.

The length of time required in both methods is given in the formulae below:

### (a) Dry Salting

For 50 pounds of food material,

- 5 pounds salt
- 1 $\frac{1}{4}$  pounds sugar
- 1 ounce saltpeter

Rub food material with the mixture, place in containers (barrels, jars, boxes) and pack as follows: When packing large pieces of food material in barrels or boxes, alternate layers of food material and layers of mixture to get a perfectly even saltiness. When packing small pieces of food material (such as celery, small fish, etc.) in jars, place them on end with larger end at the bottom in the jars and sprinkle with mixture between pieces. **Do not use tin or iron containers.** Allow 3 days of salting for each pound of food material.

### (b) Corning or Brine Salting

#### 1. Salt Cure

For 50 pounds of food material,

- 7 pounds salt
- 1 $\frac{1}{2}$  pounds sugar
- 1 ounce saltpeter
- 3 gallons water

#### 2. Sugar Cure

For 50 pounds of food material,

- 5 pounds salt
- 2 pounds sugar
- 1 ounce saltpeter
- 2 gallons water



Allow 4 days of immersion in the brine for each pound of food material. In both formulae, the brine must always be kept 4 inches above the top of the food material.

It is also advisable to remove food material from time to time from the brine. Place the food material in another container and again pour the brine over the food material. This will remove the salt deposit from the bottom of the container, and, by the repouring of the brine, will bring the salt deposit on top of the food material. The food, therefore, will be soaked and cured by a brine of equal density.

The following vegetables are easily preserved by the Dry Salting Process:

Brussels Sprouts	Okra
Cabbage, Green	Peppers, Green
Cabbage, Red	Peppers, Red
Carrots	Radishes
Horseradish	Spinach
Mushrooms	String Beans

## 9. Pickling

The pickling of food material is done by its immersion in vinegar, with some condiments and seasoning. Some food materials require also a short period of immersion in brine to crisp them and improve their flavor (cucumbers, gherkins, cherries, cauliflower, string beans). Pickling is done by using two methods:

- (a) Cold method.
- (b) Hot method.

### (a) Cold Method

Wash food material, place in containers (jars, barrels), and pour over it the vinegar solution in this proportion:

For 5 pounds of food material,

- 2 quarts of vinegar
- 2 teaspoons whole black pepper
- $\frac{1}{2}$  teaspoon cloves
- 1 cup brown or granulated sugar
- $\frac{1}{2}$  teaspoon cinnamon
- 6 bay leaves
- $\frac{1}{2}$  teaspoon thyme
- 2 tablespoons salt

Cover containers. This method will pickle food material in about one month and a half.

### (b) Hot Method

Wash food material and place in containers (jars, barrels). The vinegar solution is made in this proportion:

For 5 pounds of food material,

- 3 quarts vinegar
- $\frac{1}{2}$  quart water
- 2 teaspoons whole black pepper
- $\frac{1}{2}$  teaspoon cloves
- 1 cup brown or granulated sugar
- $\frac{1}{2}$  teaspoon cinnamon
- 6 bay leaves
- $\frac{1}{2}$  teaspoon thyme
- 2 tablespoons salt

Boil all ingredients with the vinegar, except food material, and pour over the food material while hot. This method will pickle food material in about one month.

Mustard may be added in using either method.

The making of spiced sauces and catsups are by mistake sometimes included in pickling, but do not belong there. They are sauces, and are preserved either by boiling or by canning. They contain ingredients other than salt, vinegar, sugar or spices which are the basis of the pickling process of preservation.

Pickling is done by practically every housewife. A few suggestions for pickling follow:

Use only good vinegar—poor grade vinegar means poor results.

Food material should be as fresh as possible. In the case of fruits and vegetables, they should be unbruised.

If vinegar is boiled too long, it loses its strength and the pickles will be soft.

Use of too much spice in pickling should be avoided. The flavor of the spices should not detract from the flavor of the original food ingredients.

Twenty-four hours of immersion in salt brine ( $1\frac{1}{2}$  cups salt to 1 gallon of water) is plenty to crispen any food material to be pickled.

If the food material is left too long in brine, it will shrivel.

If the salt brine is too strong, the pickled food will soften.

Glassware containers are best suited for storing pickles. Vinegar sometimes acts upon the glazing of the earthenware.

The receptacles in which the pickles stand during the making should be covered with a damp cloth to exclude harmful organisms.

Never use iron or tin containers for storage of pickled food materials.

### Government Regulations of Foods Preserved by Pickling

If offered for sale in any place, all preserved foods must be labeled in conformity with the Federal and State Pure Food Laws. Copies of the Federal Pure Food Laws may be obtained from the Superintendent of Documents, United States Government Printing Office, Washington, D. C. Copies of the State Pure Food Laws may be obtained from the State Board of Health of the state where the food has been prepared or is to be sold.

### Suggestions and Directions for Pickling

Here are a few suggestions and directions for pickling:

**Apricots.** Remove skins by dipping in hot water. Use Hot Method.

**Bananas.** Peel and cut in thick slices. Use Cold Method.

**Beets.** Wash and boil with skin in salted water for 15 minutes. Peel and cut in slices or dice. Use Hot or Cold Method.

**Blackberries.** Wash and drain berries. Use Hot Method.

**Brussels Sprouts.** Clean, wash and boil in salted water for 10 minutes. Immerse in cold water and drain. Use Hot or Cold Method.

**Carrots.** Wash, peel and quarter or slice. Boil in salted water for 10 minutes. Immerse in cold water and drain. Use Hot or Cold Method.

**Cauliflower.** Cut in small pieces. Wash and boil in salted water for 6 minutes. Immerse in cold water and drain. Use Cold or Hot Method.

**Celery.** Clean, wash and cut in pieces of uniform size. Boil in salted water for 5 minutes. Immerse in cold water and drain. Use Cold Method.

**Crab Apples.** Remove blossom ends. Wash, but do not pare. Use Hot Method.

**Corn.** Scrape corn from cob. Wash and boil for 10 minutes in salted water. Use Hot Method.

**Cucumbers, large.** Peel and quarter or slice. Cover with salt and let stand overnight. Drain. Use Hot or Cold Method.

**Cucumbers, small, known as pickling cucumbers.** Wash, but do not peel. Put in a jar and cover entirely with salt. Let stand for 2 days. Drain. Use Cold Method.

**Currants.** Pick, wash and remove stems. Use Hot or Cold Method. Red, white or black currants can be used.

**Gooseberries.** Pick, wash, but do not remove stems. Use Cold Method.

**Grapes.** Pick grapes. Do not remove stems. Use Cold Method. Grapes should be firm and not too ripe. Any color or variety of grapes can be pickled.

**Leeks.** Wash, peel and cut in uniform lengths. Boil in salted water for 2 minutes. Immerse in cold water and drain. Use Cold Method.

**Lemons.** Use small ones only. Wash and cut in thick slices. Use Cold Method.

**Melons.** Use under-ripe melons. Remove flesh and cut in slices. Use Cold Method.

**Onions, green.** Wash, peel and cut in uniform lengths. Use Cold or Hot Method.

**Onions, large.** Peel and slice. Use Cold or Hot Method.

**Onions, small.** Peel and wash after peeling. Drain. Use Cold or Hot Method.

**Oranges.** Use small and under-ripe ones only. Wash, and cut in thick slices. Use Cold Method.

**Peaches.** Remove skins by dipping in hot water. Use Hot Method.

**Pears.** Peel, core, and cut in halves or quarters according to size. Use Hot Method.

**Peppers, green or red.** Wash and cut in halves. Remove seeds. Cut in slices or strips. Use Hot or Cold Method.

**Pineapple.** Pare, core and slice not too thin. Use Hot Method.

**Plums.** Use only small ones. Leave stems on. Wash and drain well. Use Cold Method.

**Radishes.** Wash, clean, remove hairs, and cut both ends. Use Cold Method.

**Raspberries.** Pick, wash and drain. Use Hot Method.

**Rice.** Wash rice until water is clear. Put in boiling salted water and boil for 15 minutes. Wash under running cold water until rice is cold. Drain and pack tightly in jars. Use Cold Method.

**Spinach.** Wash and remove stems. Pack tightly in jars. Use Cold Method.

**String Beans.** Wash and remove strings and ends. Cook in boiling salted water for about 15 minutes. Immerse in cold water and drain. Use Cold or Hot Method.

**Tomatoes, green.** Use small green tomatoes. Do not peel. Use Hot or Cold Method.

**Tomatoes, yellow.** Use small yellow tomatoes. Do not peel. Use Hot or Cold Method.

**Watermelon rinds.** Soak watermelon rinds overnight in salted water. Drain off brine. Boil in fresh water until tender. Immerse in cold water. Drain well. Use Cold Method.

Any combination of fruits pickled together makes an appetizing relish.

Any combination of vegetables pickled together makes an appetizing relish.

## 10. Smoking

Food materials preserved by smoking are less likely to be attacked by insects. The most common preservation by smoking is that of meat and fish. For smoking fish the time required depends upon the size of the fish (usually about 12 hours). For smoking meat the time required for smoking depends upon the taste and the color desired (generally 36 to 40 hours of continuous smoking).

The success of preserving by smoking depends upon a suitable smokehouse, proper fuel, and proper burning of fire. A small smokehouse is preferable to a large one.

All meats and fish to be smoked must have been treated first with brine or dry salting (see p. 452), then removed and hung up to drip and dry before being put in the smokehouse. In the smokehouse the materials to be smoked

should hang 7 to 8 feet above the fire. It is even better to have the fire on the outside of the house, and to allow the smoke to come into the smokehouse through an opening in the wall.

The best fuel for smoking food materials is green hickory or corncobs. Avoid in any event any resinous wood—this gives a disagreeable smoky flavor. Corncobs catch fire and flame up very easily, so they must be watched. The smoking may be done by keeping the fire continuously going, but the same and equally good results are obtained by smoking for a few hours each day for one or two weeks.

There are no special recipes for smoking. Food materials which can be smoked are listed as follows:

**Meats**

Bear  
Beef  
Deer  
Ducks  
Geese  
Lamb  
Pork  
Wild Boar

**Fish**

Anchovies  
Codfish  
Fish roe  
Haddock  
Herring  
Salmon  
Sardines  
Smelts

**Storing Smoked Meats**

When meats have been sufficiently smoked, it is best to wrap each piece in paper and then place them in muslin bags. Hang them in a dark, cool place in such a way that they do not touch each other.

## 11. Use of Antiseptics

On account of the dangers attached to this process of preservation, the use of antiseptics is not recommended for family purposes. Many countries and states have by law forbidden this method of preserving.

## 12. Exclusion of Air

Preserving by the exclusion of air is most used in the preserving of spring and summer eggs for winter use. Eggs to be preserved, above all, must be fresh. Preserving eggs is recommended as a means of saving money. Preserved eggs may be used when the winter market prices are high.

There are many successful ways of preserving eggs, but for home preserving two methods are commonly used:

- (a) By the use of lime water
- (b) By the use of waterglass.

### (a) Lime Water Method

Six quarts of lime water solution in a 3 gallon container will preserve 10 dozen eggs.

Lime water solution is made by slacking 2 pounds of quick lime in a small quantity of hot water. Then mix with 2 gallons of cold water and add 1 pound of salt. Stir vigorously and thoroughly. Allow to settle. Pour off the clear solution and use for preservative. Place eggs carefully in containers, and pour over them enough lime water solution to cover the top of the eggs by 2 to 3 inches.

### (b) Waterglass Method

Mix 1 pint of waterglass (bought at any drug store) with 9 pints of boiled water which has been allowed to cool. Stir the mixture, pour into the container, and put in the eggs. Be sure that the tops of the eggs are covered with 3 inches of the waterglass solution.

Wooden pails or earthenware containers are most satisfactory, as neither lime solution nor waterglass affects them.

Fifty dozen eggs will be plenty for a family of five to carry them through the months of October, November, December and January.

Nine quarts of water and 1 quart of waterglass in a 5 gallon container will preserve 15 dozen eggs.

Rinse eggs with water after removing from preservative before using.

Eggs in good condition will, after removal from the preservative, keep for about 2 weeks.

Lime water or waterglass are good for only one preserving. The duration of the preserving qualities of both is about 10 months.

Infertile eggs are better for preserving than fertile eggs.

After the eggs are immersed in the preserving solution keep the container in a cool place.

Replace with fresh water any part of the liquid which has evaporated.

## 13. Canning

Canning is the term used in preserving food by sterilization, thus killing bacteria and molds present in the food materials and in the containers. Canning is used to a great extent in the home for preserving food.

The housewife should first understand thoroughly why food spoils before she attempts to do any canning.

Foods spoil for two reasons:

1. Presence of bacteria.
2. Presence of molds.

Neither bacteria nor mold can be seen without the use of a microscope. They are so small and light that they float in the air when dry. They are always present everywhere. When bacteria fall upon a spot of food favorable for their growth, they multiply with great rapidity. One bacterium can produce many millions of bacteria in an hour, thus in a very short time causing spoilage and decay of the food material. The propagation and growth of bacteria, molds and spores cause the swelling or souring of canned foods or the molding of jams and jellies.

Molds, bacteria and spores are killed by a process known as sterilization. In canning, the sterilization is accomplished by heating. The food material to be canned is placed in jars, tin cans, bottles or other containers in which it is sealed hermetically. It is then heated to a temperature fatal to molds, bacteria and spores. No decaying or spoiling can take place until the container is open, as there is no means by which bacteria can enter.

The safe temperature of heat for killing bacteria is a little over 212 degrees F. (boiling point). Some bacteria are resistant to this degree of temperature, but prolonged boiling finally subdues the vitality of the bacteria.

The principle in canning is to sterilize containers, food material, and the air present in the containers.

Complete and careful sterilization, therefore, is the most important factor in canning.

### METHODS OF CANNING

There are two general methods of canning used in the home:

- (a) Hot pack or open kettle method.
- (b) Cold pack method.

#### (a) Hot Pack or Open Kettle Method

By this method the food material to be canned is cooked first with brine, syrup or juice, then put in containers, sealed and sterilized (the containers being previously sterilized). This method is called also the "Old Way" and is not recommended in canning of vegetables.

#### (b) Cold Pack Method

By this method, the food material is placed in the containers uncooked or partially cooked (blanching), covered with hot brine or syrup and sealed. Then both containers and food material are sterilized at the same time (the containers are also previously sterilized).

This method is considered the best in canning and is known as the "New Way." It is shorter and easier than the open kettle method. It requires less handling of the food, and the cooking is done at one time along with the sterilization, thus saving fuel. The food material also retains its natural flavor, shape and color and is not broken up as in the Hot Pack Method.

The Cold Pack Method can be used where small as well as where large quantities of food are to be preserved. All the commercial canners use nowadays the Cold Pack Method.

The Open Kettle Method is so rarely used in home canning that the directions for canning by the Open Kettle Method will be omitted in this book. More space will be given to the Cold Pack Method, which is so well adapted for home canning requirements.

### Steam Pressure Method

Another method of canning has been recently used in home canning—the “Steam Pressure Method.” The steam pressure cooker is used in this method. Steam pressure cookers are of different types, but most of them are high in price. They can be obtained from special firms carrying in their stock steam pressure cookers. In canning they generally give satisfactory results. With each pressure cooker a descriptive booklet gives a table of the steam pound pressure required for different food materials to be canned. It is useless, therefore, to explain here how the steam pressure cooker works, the booklet with the cooker giving a full explanation. Follow in this method all directions for sealing and sterilization of jars and containers.

### Government Regulations on Canned Foods

If offered for sale in any place, all canned foods must be labeled in conformity with the Federal and State Pure Food Laws. Copies of the Federal Pure Food Laws may be obtained from the Superintendent of Documents, United States Government Printing Office, Washington, D. C. Copies of the State Pure Food Laws may be obtained from the State Board of Health of the state in which the food has been prepared or is to be sold.

### Terms Used in Canning

Before going into the details of the equipment and procedure required in canning, an explanation of terms used in canning is necessary.

**Blanch or Blanching.** The food material is put in boiling water for a short period of time. This softens, cleans and sterilizes the food material. It also removes part of the acidity and unpleasantness of flavor in the material, crispens it, and preserves its shape and color.

**Cold Dip.** After blanching, plunge the food material quickly into cold water, and let the cold water run over it until the food material is completely cold.

**Sterilize Jars, Containers or Rubber Rings.** Place jars or containers in a wash boiler with a wooden rack at the bottom to keep jars or containers from touching the bottom of the boiler. Rubber rings are only scalded.

**Hot Water Bath.** When the containers or jars are packed and filled with the food material and the liquid (brine or syrup), they are partially sealed and placed in boiling water in the wash boiler (with wooden tray bottom). When the water starts to boil, the cover is put on top of the wash boiler and the food is boiled for the length of time required by it to be canned.



### Equipment

An adequate equipment is necessary for good results in canning.

The equipment needed is:

1. **Kettles.**
  2. **Colanders.**
  3. **Spoons.**
  4. **Soup Ladles.**
  5. **Wash Boiler with Cover.**
  6. **Wooden Rack or False Bottom.**
  7. **Heat.**
  8. **Sugar.**
  9. **Salt.**
  10. **Water.**
  11. **Containers.**
- 
1. **Kettles.** Any kettle of large size can be used. Kettles are required for blanching and for cold dipping.
  2. **Colanders.** Any colanders of fairly good size will do.
  3. **Spoons.** Spoons of good size are used in canning to put the salt in the jars (for vegetables or meat products).
  4. **Soup Ladles.** They are used for filling the jars with the boiling syrup or the boiling water. Medium sizes are preferred.
  5. **Wash Boiler.** An ordinary wash boiler with cover answers all the requirements of canning.
  6. **Wooden Rack or False Bottom.** This wooden rack or false bottom must be the same size as the interior of the wash boiler. Its purpose is to keep the jars or containers from touching the bottom of the wash boiler, thus allowing the even circulation of boiling water underneath the jars or containers.
  7. **Heat.** Heat of any cooking stove is all that is required in canning.
  8. **Sugar.** Any sugar of good quality can be used in canning, except brown or maple sugar.
  9. **Salt.** The use of ordinary table salt gives good results.
  10. **Water.** Have plenty of boiling water on hand.
  11. **Containers or Jars.** Any containers of any shape can be used, provided they can be hermetically sealed. Preserving jars with rubber rings and clamps are recommended. Tin cans may be used, but they require special equipment for their sealing (soldering), and are not well adapted for use by the housewife. Containers or jars of 1 quart capacity give better results than 1 pint jars. Jars with a wide mouth are the ideal containers, because they are easy to clean and the natural size or shape of the food material can be retained.

The color of the jar has no effect on retaining the color of the food, but fruits give a better appearance in white glass jars and vegetables in greenish colored glass jars.

When new jars are used they should be placed in a wash boiler filled with cold water, brought to the boiling point, and boiled for 5 to 10 minutes. This operation is called "tempering the jars."

Before using new or old jars in canning, they should be tested for leakage. This is done by filling the jars partially with cold water, adjusting the rubbers and the tops and sealing tight. Then the jars must be inverted to detect leaks. Changing rubbers and tops will often remedy leakage.

Special care and attention should be given to the rubber rings. **Always use new rubber rings in canning.**

A good rubber ring should be able to stand a certain amount of jerking and return to its original shape. A good rubber ring will not crack.

### How Canning Is Done

To have success in canning, follow carefully the different steps and directions given.

All food materials, with a few exceptions, are treated the same.

The steps in the Cold Pack Method of Canning are:

1. Have food materials all ready—prepared, cleaned, graded, sliced, blanched, cold dipped, etc. (see directions for canning fruits, vegetables and meats pp. 464, 465, 466, and 467).
2. Clean, test and sterilize jars, containers and rubber rings.
3. Put wooden rack or false bottom in wash boiler.
4. Fill the wash boiler half full of boiling water.
5. Pack the product in the jars.
6. Add hot syrup or water and salt.
7. Adjust rubber rings and covers on jars.
8. Partially seal the jars. This is done by placing the rubber ring on the jar, putting the cover on the jar and partially sealing it by adjusting only the upper clamp or by slightly screwing the lid.
9. Immediately after partially sealing, place the jars in the wash boiler and cover them with boiling water, if there is not enough water in the wash boiler. Bring water to boiling point, put cover on wash boiler, and **Hot Water Bath** jars for the length of time given in the directions. Time the boiling from the time when the water begins to jump. Keep water boiling during the entire period.
10. Remove jars from wash boiler and seal them completely by adjusting the side clamps or screwing the lids down, or otherwise completing the seal according to the kind of jars or containers used.
11. Invert the jars to cool and watch carefully for leaks.
12. Cool jars as quickly as possible, avoiding drafts as they cause breakage.
13. When cool, wash jars and label them for storing. A cool, dry place is best suited for the storage of canned food.

### Care of Canned Foods

After the second sterilization, put the jars on a tray to cool. When cool, invert the jars, and examine for leaks. If any leakage, the sealing is not safe. If leaks are found, remove the jar tops and examine rings for defects. Pour the contents of the jars in a kettle, bring quickly to boiling point, let boil for 1 minute and proceed as if canning had just been finished. Sterilize the empty jar tops and rings, fill jars, and seal again. Boil again for 20 to 30 minutes to resterilize.

### Botulism Poisoning

The organism called *Bacillus Botulinus* is a toxin or poison which is found occasionally in canned foods.

The poison that *Bacillus Botulinus* produces after its growth for several weeks or months in a sealed jar is not entirely destroyed in the preserving or canning process.

The form of poisoning by the *Bacillus Botulinus* is known as **botulism poisoning**.

The *Bacillus Botulinus* seems to be able to resist under certain conditions the action of heat at boiling temperature. Lemon juice added to the food in the process of canning seems, as far as experiments are concerned, to be a protective agent against *Bacillus Botulinus*. But this is not absolute.

To avoid danger of botulism poisoning, **discard** any canned goods that are the least suspicious looking, or boil rapidly the contents of jars or cans for 5 minutes.

### Practical Hints

To be successful in canning, follow closely the directions. If the directions say boiling water, use boiling water.

Do not begin canning in a room immediately after sweeping or dusting. Two hours should elapse before starting the canning.

Flies carry germs. They must be kept away from the food which is being prepared for canning.

A breeze should not be allowed to blow through the kitchen when canning is going on.

Even new rubbers are not necessarily good ones.

An alarm clock can be set in such a way that it will tell you when the jars should be removed from the hot water bath.

Light, heat and freezing will spoil the most carefully canned foods.

In canning at an altitude more than 1,000 feet above sea level, the time for the hot water bath should be increased 10 per cent for each 500 feet above 1,000 feet.

The card board box in which the jars are delivered to you can be used conveniently for storage.

Before using canned food for the table, examine carefully every jar. **Do not taste** to see if it is spoiled. If there is an odor somewhat resembling **cheese**, if there is a  **mushy** appearance of the solid parts of the food, or if the top of the jar is **blown**, **DISCARD** the jar and its contents. Do not use or eat it; there is great danger of poisoning.

## DIRECTIONS FOR CANNING VEGETABLES

## Cold Pack Method

(1 quart containers)

Choose young, sound, fresh, ripe vegetables.

Wash, peel, string, cut in pieces, slices or dice. In other words, prepare them as for cooking.

Blanch vegetables (if necessary).

Cold dip vegetables (if blanching is omitted, cold dipping is unnecessary).

Pack vegetables in sterilized jars.

Add 2 teaspoons salt for each 1 quart jar. Do this by sprinkling the salt on top of vegetables.

Fill the jars with boiling water to  $\frac{1}{4}$  inch of the top.

Place rubbers on jars, adjust cover and seal partially.

Hot water bath the jars.

Remove jars from hot water bath.

Seal jars hermetically.

Cool off, label and store.

## GUIDE TABLE FOR CANNING VEGETABLES

## Cold Pack Method

(1 quart jars or containers)

KIND OF VEGETABLES	SPECIAL DIRECTIONS	TIME OF BLANCH- ING	AMOUNT OF SALT TO BE ADDED	TIME OF PRO- CESSING IN HOT WATER BATH AT 212° F.
Artichokes	whole	5 minutes	2 teasp.	1½ hours
Asparagus	washed, whole, peeled	4 minutes	2 teasp.	3 hours
Beans, Lima	shelled	5 minutes	2 teasp.	3 hours
Beans, String	string, and cut ends	5 minutes	2 teasp.	3 hours
Beans, Wax	whole or in pieces	5 minutes	2 teasp.	3 hours
Beets	small, skinned	10 minutes	3 teasp.	2 hours
Brussels Sprouts	cleaned	10 minutes	2 teasp.	2 hours
Carrots	new, quartered, peeled	5 minutes	2 teasp.	2 hours
Cauliflower	cleaned, quartered, or cut in large pieces	3 minutes	2 teasp.	1½ hours
Celery	whole or in large pieces	5 minutes	2 teasp.	1½ hours
Corn	off or on cob	5 minutes	3 teasp.	3 hours
Mushrooms	cleaned	omit	3 teasp.	1 hour
Okra or Gumbo	whole, washed	5 minutes	2 teasp.	2 hours
Parsnips	peeled, quartered	5 minutes	2 teasp.	2 hours
Peas, green	shelled, graded	10 minutes	2 teasp.	3 hours
Peppers, green or red	seeds removed	8 minutes	2 teasp.	2 hours
Pumpkin	peeled, cut in pieces	3 minutes	2 teasp.	2 hours
Spinach	washed	1 minute	2 teasp.	1½ hours
Squash	peeled, cut in pieces	3 minutes	2 teasp.	2 hours
Tomatoes	peeled, or unpeeled not over-ripe	½ minute	3 teasp.	20 minutes

## PRACTICAL HINTS—VEGETABLES

Do not pack corn, peas or shelled beans in the jars too tightly.

The number of jars available can be greatly increased by reducing tomatoes to a pulp before canning. Tomatoes have a large percentage of water and require many jars when put up whole. Fill the jars with the tomato pulp. **Do not fill with water**, but add the salt according to directions and give hot water bath for same period of time.

Many housewives think that tomatoes can be preserved more easily in cans than in glass jars. This is a mistake.

Four quarts of water should be used for blanching each quart of vegetables.

Too long a blanching of vegetables produces cloudiness and disintegration in the jars.

After a jar of canned vegetables has been opened, and before using its contents for the table, boil the vegetables for 3 to 5 minutes. This boiling eliminates the danger of botulism poisoning (see p. 463).

## DIRECTIONS FOR CANNING FRUITS

### Cold Pack Method

(1 quart containers)

It is as a rule necessary in canning fruits to add sugar. This is done by using syrup. Different fruits require different amounts of sugar, or syrup of a different density. To make the syrup, boil the water and the sugar together for 2 to 3 minutes. The following proportion is required for making canning syrup:

#### Thin syrup—

1 cup sugar  
2½ cups water

#### Medium syrup—

1 cup sugar  
2 cups water

#### Thick syrup—

1 cup sugar  
1 cup water

A medium syrup is the best syrup for canning.

A thick syrup has a tendency to shrink the fruit.

A thin syrup destroys the color.

Select firm, well grown, fresh, but not over-ripe fruits.

Wash, peel, pare, core, pick and clean the fruits, removing all decayed or bruised parts.

Grade and sort fruits into the same sizes, so that the contents of each jar will be uniform.

Blanche fruits (if necessary).

Cold dip fruits (when blanching is omitted, cold dipping is unnecessary).

Pack the fruits in sterilized jars.

Fill the jars with syrup or hot water.

Place rubbers on jars, adjust rubbers and partially seal.

Hot water bath the jars.

Remove jars from hot water bath.

Seal jars hermetically.

Cool off, label and store.

## GUIDE TABLE FOR CANNING FRUITS

## Cold Pack Method

(1 quart jars or containers)

KIND OF FRUIT	SPECIAL DIRECTIONS	TIME OF BLANCH-ING	KIND OF SYRUP USED	TIME OF PRO-CESSING IN HOT WATER BATH AT 212° F.
Apricots	cut in halves, stoned	½ minute	thick	16 minutes
Apples	peeled, cored	1½ minutes	medium	20 minutes
Bananas	peeled, whole or sliced	½ minute	thick	16 minutes
Blackberries	washed, picked	omit	thin	16 minutes
Blueberries	washed, picked	omit	thin	16 minutes
Cherries	washed, picked	omit	medium	16 minutes
Currants, black	washed, picked	omit	thin	16 minutes
Currants, red	washed, picked	omit	thin	16 minutes
Figs	washed	omit	medium	16 minutes
Gooseberries	washed, picked	½ minute	medium	16 minutes
Grapes	washed, picked	omit	medium	15 minutes
Peaches	cut in halves, stoned	½ minute	thick	16 minutes
Pears	peeled, cored, cut in halves	1½ minutes	medium	20 minutes
Pineapples	peeled, cored, sliced	3 minutes	thick	16 minutes
Plums	washed	½ minute	medium	16 minutes
Quinces	peeled, quartered	1 minute	thick	20 minutes
Raspberries	washed, picked	omit	thin	15 minutes
Strawberries	washed, picked	omit	thick	15 minutes

## PRACTICAL HINTS—FRUITS

Do not leave fruits in hot water bath too long, as they will soften and lose their shape.

Blanching of small fruits in canning prevents them from floating at the top of the jar.

When canning fruits, and filling the jars with the syrup, the syrup must be boiling.

The small Bartlett pears are the best for canning.

The "fuzz" of quinces may be removed by wiping the quinces with a damp cloth.

Remember that cherries and strawberries have a high percentage of acids. They need less heat than other fruits in canning.

Cherries can be canned with or without their pits.

## DIRECTIONS FOR CANNING MEAT AND FISH

## Cold Pack Method

(1 quart jars or containers)

It is sometimes desirable for convenience to preserve meat or fish in jars, but the housewife must realize the dangers which may accompany this method. Poisonings by canned meat are numerous.

Use only meat and fish in perfect condition.

Meat and fish can be parboiled or seared in fat. Seasonings and flavorings such as chopped onions, celery or bay leaves may be added.

When the meat or fish is packed, the jars can be filled with a hot sauce and given the hot water bath with the meat.

Canning of meat and fish in the home is not recommended on account of its dangers. If it is necessary to can meat or fish the following directions may be used:

Have the meat in perfect condition.

Remove large bones and excess of fat.

Cut into convenient sized pieces.

Sear, parboil, roast or stew, and add seasoning.

Pack in sterilized jars. Fill jars if desired with boiling sauces, meat broth or boiling water and salt (2 teaspoons to 1 quart of canned meat or fish).

Place rubbers on jars, adjust rubbers and partially seal.

Hot water bath the jars.

Remove jars from hot water bath.

Seal jars hermetically.

Cool off, label and store.

## GUIDE TABLE FOR CANNING MEAT, POULTRY, GAME, FISH

### Cold Pack Method

(1 quart jars or containers)

KIND OF FOOD	TIME OF PROCESSING IN HOT WATER BATH AT 212° F.
<b>UNCOOKED</b>	
Beef .....	3 hours
Chicken and Poultry .....	2½ hours
Game .....	3 hours
Lamb .....	3 hours
Mutton .....	3 hours
Pork .....	3 hours
Veal .....	2½ hours
<b>PREPARED OR COOKED</b>	
Baked meats .....	1½ hours
Fried meats .....	1½ hours
Roasted meats .....	1½ hours
Stewed meats .....	1½ hours
<b>FISH</b>	
Large .....	1½ hours
Small .....	¾ hour

### PRACTICAL HINTS—MEATS

While meats can be canned successfully, it is advisable for the beginner in canning to start with fruits and vegetables.

To open and empty a jar of canned meats, invert in a pan of warm water and let stand for about 5 minutes. This will dissolve the fat, which is always present at the top of the canned meat, and will also dissolve part of the gelatinous liquid. Then the contents may be easily removed from the jar.

Boil all canned meat as soon as it comes from the jars before eating.

# Beverages

Beverage is the term applied to any kind of drink.

When using water in making hot beverages, the water should be boiled; in making cold beverages, the water should be fresh drawn.

Some beverages used in large quantities are sometimes injurious to health (coffee, tea, alcoholic liquors, fermented beverages).

Water is the only beverage which can be used at any time of the day and night in any quantity without producing bad effects, providing the water is pure and unpolluted.

## APPLE SAUCE SHAKE

- 1 cup fresh or leftover apple sauce (sweetened) (see p. 46)
- 1 pint milk
- 1 tablespoon sugar
- cracked ice

Mix the apple sauce with the sugar; dilute with the milk. Shake well in shaker with ice. Do not strain. Serve.

## BREAKFAST COCOA

- 1 cup scalded milk
- 1 cup boiling water
- 1½ tablespoon sugar
- 2 tablespoons cocoa

Mix cocoa and sugar. Add boiling water, boil for a few minutes, then pour in scalded milk. Beat well and serve.

## CHOCOLATE

(for each cup)

- 1½ tablespoons powdered chocolate
- or
- ½ square chocolate (sweet)
- 1 cup boiling water
- ½ cup hot milk

Melt chocolate in sauce pan with the boiling water. Stir well. Let boil 3 to 5 minutes, and add hot milk.

## CIDER PUNCH

(for 4 persons)

- ¾ cup lemon juice, strained
- 1 quart cider
- 1 quart water
- 2 cups sugar
- cracked ice

Mix the cider, water and sugar together. Add the strained lemon juice. Pour on cracked ice. Serve in punch glasses.



### CLAM DRINK

(for 4 persons)

- 24 clams
- 1 cup water
- 2 green leaves of celery
- cracked ice (not much)

Wash clams thoroughly. Put in stew pan with the water and celery. Put cover on stew pan and boil for 5 minutes until all the clams are open. Strain clam juice through flannel bag. When cool mix with cracked ice. Strain again. Serve in bouillon or coffee cups.

### COFFEE

(for each cup)

- 1 tablespoon coffee
- 1 cup water

Put coffee in percolator strainer. Put water in percolator. Bring water to boiling point, allowing it to splash over the strainer slowly. Let coffee percolate until desired strength is reached.

### COFFEE SYRUP

- 1 cup ground coffee
- 1 cup sugar
- 3 cups water

Boil the sugar and water together for about 5 minutes. Pour over the ground coffee. Let stand until cool and strain. This syrup can be used in making milk shake, milk nog and other milk beverages where coffee flavor is desired.

### CRANBERRY AND APRICOT DRINK

(for 4 persons)

- 1 cup cranberries, washed, picked
- 4 apricots, cut in thin slices
- 5 cups water
- 1 cup sugar
- cracked ice

Boil together all ingredients, except ice, for about 5 minutes. Pass through a flannel bag. When cool, mix juice with cracked ice. Serve in orangeade glasses.

**EGG LEMONADE**

(for each glass)

- 1 tablespoon sugar
- $\frac{1}{2}$  lemon, juice only
- 1 egg
- cracked ice

Put all ingredients in shaker. Shake for about 2 minutes. Strain and serve.

**FRENCH DRIP OR FILTERED COFFEE**

(for each cup)

- 1 tablespoon finely ground coffee
- 1 cup boiling water

Place coffee in strainer or filter of the percolator. Add gradually boiling water. The water will seep through the coffee slowly. Always cover between additions of water in order to retain the flavor and heat. **DO NOT BOIL.** Pour through a second time if strong coffee is desired.

**GINGER, BLACKBERRY AND MAPLE DRINK**

(for 8 persons)

- 1 pint maple syrup
- 2 cups blackberries, washed, picked, crushed
- $\frac{1}{2}$  teaspoon ginger
- 2 cups water
- cracked ice

Dilute the maple syrup with the water. Press the crushed blackberries through a fine strainer to extract the juice. Mix ginger with the cracked ice. Add the blackberry juice and the maple syrup with the water. Mix well. Strain and serve in orangeade glasses.

**GRAPE AND PEACH DRINK**

- 2 peaches, peeled, pitted
- 1 cup white or red grapes
- 3 tablespoons sugar
- 1 pint water
- cracked ice

Crush peaches and grapes together and add the sugar. Dilute little by little with water. Shake well in shaker with cracked ice. Strain and serve.

### GRAPEFRUIT AND STRAWBERRY WATER (for 4 persons)

- 2 pounds strawberries, picked, cleaned
- 3 grapefruit
- 1½ pints water
- 3 cups sugar
- cracked ice

Crush strawberries to a pulp. Cut grapefruit in half, and press out the juice. Mix well with sugar. Add strawberries, water and ice. Strain through flannel or fine cheese cloth bag. Serve in orangeade glasses.

### GRAPE JUICE PUNCH

- 1 pint grape juice
- 2 lemons, juice only
- 2 oranges, juice only
- 1 orange, grated rind
- 1 cup sugar
- cracked ice

Mix well and strain. Serve in glasses with ice.

### GRAPE JUICE SHAKE (for 4 persons)

- 1 cup sugar
- 1 pint grape juice
- 1½ pints milk
- cracked ice

Mix together, strain, and serve in orangeade glasses.

### GRENADINE NOT (for each glass)

- 1 egg
- 1 tablespoon grenadine
- ¾ cup milk
- cracked ice

Put all ingredients in shaker and shake well for about 2 minutes. Strain and serve in orangeade glasses.

**HAWAIIAN PUNCH**

(for 4 persons)

- $\frac{1}{2}$  cup lemon juice, strained
- 1 cup orange juice, strained
- 1 cup chopped fresh pineapple
- 2 cups sugar
- 1 cup hot water
- 5 cups cold water
- cracked ice

Boil sugar and hot water for about 2 minutes. Let cool off. Add chopped pineapple, lemon and orange juice. Mix with the cold water. Chill with the cracked ice. Serve in punch glasses.

**ICED TEA**

(for each glass)

Fill  $\frac{2}{3}$  of a large glass with cracked or large pieces of ice. Add 2 slices of lemon and 2 teaspoons powdered sugar. Fill glass with freshly drawn tea.

**LEMON SYRUP**

- 2 cups sugar
- 2 cups water
- 1 lemon, rind only, grated
- 4 lemons, juice, strained

Boil together for 5 minutes the water, sugar and lemon rind. Strain and add the lemon juice. Let cool off. This syrup can be added to any fruit juice in mixing fruit punches.

**LOGANBERRY AND APRICOT DRINK**

- 1 cup loganberries, washed, picked
- or
- $\frac{1}{2}$  cup loganberry juice
- 3 apricots, peeled, pitted
- $\frac{3}{4}$  pint water
- 3 tablespoons sugar
- cracked ice

Crush and mix together loganberries, apricots and sugar. Dilute little by little with the water. Put in shaker with cracked ice. Shake well, strain and serve.

### MINT TEA

(for each cup)

- ½ teaspoon tea
- ½ teaspoon crushed mint leaves
- 1 cup boiling water

Boil water. Put tea and mint leaves in a scalded teapot. Pour boiling water over the leaves. Allow to stand 3 minutes. Strain before serving.

### MIXED FRUIT DRINK

(for 4 persons)

- 2 peaches, peeled, pitted, sliced
- 1 cup sugar
- 3 tablespoons raspberries, washed, picked
- 1 tablespoon lemon juice
- 4 cups water
- cracked ice

Mix all ingredients together, except the cracked ice. Boil for 5 minutes. Strain through flannel bag. Put cracked ice in a bowl. When the filtered juice has cooled off, mix with the ice. Serve in orangeade glasses.

### ORANGE WATER

(for 4 persons)

- 1 quart water
- 3 cups powdered sugar
- 2 lemons, juice only
- 8 oranges, juice only
- cracked ice

Mix all ingredients together and strain. Serve in orangeade glasses.

### PINEAPPLE, GRAPE, MINT DRINK

(for 4 persons)

- 4 slices pineapple, chopped fine
- 1 cup white grapes
- 6 leaves mint, more or less
- 1 cup sugar
- 3 cups water
- cracked ice

Boil water, sugar and grapes until the grapes explode, thus releasing their juice. Pass juice through flannel bag. When filtered juice has cooled off, mix with the cracked ice, chopped pineapple and mint leaves. Serve in orangeade glasses.

**RASPBERRY SYRUP**

- 4 cups raspberries, washed, picked
- 3 cups sugar
- 2 cups water

Boil all ingredients together for about 10 minutes. Filter through a flannel bag and let cool off. This syrup can be used in mixing fruit punches.

**SPICED TEA**

(for each cup)

- $\frac{3}{4}$  teaspoon tea leaves
- 2 whole cloves
- 1 cup boiling water

Boil water. Put tea leaves and cloves in a scalded teapot. Pour boiling water over the tea and cloves. Allow to stand 3 minutes. Strain and serve.

**STRAWBERRY AND MILK DRINK**

- $\frac{3}{4}$  pint milk
- 2 tablespoons strawberry jam or marmalade
- 1 teaspoon granulated sugar
- cracked ice

Dilute strawberry jam little by little with the milk. Put in shaker with sugar and ice. Shake well, strain and serve.

**TEA**

(for each cup)

- $\frac{1}{2}$  to 1 teaspoon tea leaves
- 1 cup boiling water

Boil water. Put tea leaves in a scalded teapot. Pour boiling water over the tea, and put cover on teapot. Allow to stand for 3 to 4 minutes before serving.

**TEA AND ORANGE DRINK**

- 1 orange, juice only
- 1 teaspoon tea leaves
- $\frac{3}{4}$  pint boiling water
- 2 tablespoons sugar
- cracked ice

Pour boiling water on tea leaves. Cover and let stand for 5 minutes. Add sugar and orange juice. Strain through tea strainer. Put in shaker with cracked ice. Shake and serve.

# Household Hints

The following nine rules for easy cleaning were published by the United States Department of Agriculture. They are so good that they are quoted here:

1. Keep dirt out of the house by cleaning the walks, steps, porches and sills regularly and often, by screening windows and doors near the ground, and by insisting on having muddy shoes and coats cleaned or left outside.
2. Lessen the number of dust-collecting places, such as unnecessary cupboards, grooved and carved woodwork, floors with cracks, rough-finished walls, elaborately carved and upholstered furniture, superfluous draperies and bric-a-brac.
3. Remove dirt frequently and systematically. This keeps the house and furnishings in better condition and makes the need of heavy cleaning less frequent.
4. Clean by taking the dirt away, not by scattering it to settle again elsewhere.
5. Do heavy cleaning a little at a time to avoid the hard work and discomfort of the old-fashioned spring and fall cleaning.
6. Have a supply of good cleaning tools such as your work calls for and keep them in good order in a convenient place.
7. Use water and cleaning agents sparingly because otherwise they may spoil finishes and weaken glue, paste or cement.
8. Be on the lookout for troublesome insects and animals and take prompt measures to get rid of them if they appear.
9. Make all the family help by leaving things where they belong and in good condition.

## CLEANING

**Carpets.** Sprinkle a few handfuls of salt on the carpet and then brush it. Or sprinkle wet tea leaves on the carpet and brush off with the dust. The carpet will look cleaner and brighter.

**Copper or Brass.** Rub with a 10 per cent solution of oxalic acid and water. Then rinse and use sweet oil and tripoli to prevent retarnishing. A good way to clean copper, also, is a solution of 40 per cent vinegar and 60 per cent salt. Rub well and rinse with cold water.

**Crocke and Jars.** To remove grease, use a solution of hot water and a little sal soda (washing soda).

**Floors.** To wash, especially in removing grease, use hot water in which has been dissolved a small amount of sal soda (washing soda).

**Fur.** Moisten some bran with water and rub the mixture well into the fur with a cloth. Keep on rubbing until bran is dry. Then rub in dry bran. Then brush thoroughly.

**Gas Stove.** Soak the movable parts for several hours in a weak solution of lye and warm water. Brush them and also the fixed parts of the stove with this solution. The grease will be dissolved.

**Glass, Cut, or Tumblers.** Wash in hot water and soap, and rinse in clear hot water.

**Ivory.** To whiten, apply essence of turpentine and bleach in the sun.

**Knives, Steel.** Cut a raw potato in two, dip the cut portion in brick dust, and rub the blade of knife until all stains have been removed.

**Linoeum.** Wash with a weak solution of warm water and sal soda (washing soda).

**Pots, Iron.** Put a small amount of sal soda (washing soda) in the pot and fill with water. Boil until inside of pot is clean.

**Matting.** Wash with a weak solution of salt and water and dry well with a cloth.

**Silver.** The easiest way to clean silver is to boil it in an aluminum pan in water to which has been added 1 tablespoon of baking soda to each quart of water. This method is not recommended for silver which is meant to be oxidized, as it will remove all oxidation. For oxidized silver, use hot water and soap and then rub with a chamols.

**Wall Paper.** To remove marks where people have rested their heads or hands, mix a cream-like paste of pipe clay and water and lay it on the marks. Allow the paste to remain for 24 hours. By that time it will be dry and can be brushed off. If very soiled, try bread. Remove the crust of a loaf of bread and soak the inside in ammonia. Knead into a ball and rub the paper lightly. As the bread becomes soiled, knead it to expose a clean surface.

**Windows.** Wash first with a weak solution of cold water, soap and baking soda, and then with clear water. If the windows are only dusty, wipe with crumpled dry newspaper.

## REMOVAL OF STAINS

Whenever possible remove stains when fresh to prevent them from setting. Always use cold water to remove stains made by foods containing proteins, such as milk, blood, egg or meat juice. Hot water will set these stains. Use hot water for fruit and similar stains, as cold water will set them.

**Blood and Meat Juice.** Soak in cold or lukewarm water until stains turn light brown. Do not use hot water, as it will set the stains. Then wash in hot water, unless material is silk or wool, in which case use cold water or lukewarm water. For blankets apply a thick paste made of raw starch and cold water. Allow the paste to dry and then brush it off. Repeat until all signs of stain are gone.

**Chocolate and Cocoa.** If stains cannot be removed with soap and hot water, sprinkle them with borax and soak in cold water. Then rinse thoroughly in boiling water, if material is washable. For silk or wool sponge with lukewarm water.

**Coffee.** If stains cannot be removed by warm water and soap, pour on boiling water from a height of 2 to 3 feet. With silks, put between clean damp cloths and press with a hot iron.

**Egg.** Use cold water. Do not use hot water or the stains will set. Then wash with warm water and soap.

**Fruit and Berry.** If stains are fresh, pour on boiling water from a height of 2 to 3 feet. Repeat, if necessary, and then bleach in the sun. If this is not entirely successful, apply lemon juice to the stains and bleach in the sun.

**Grass.** If the stains cannot be removed by soap and warm water, apply grain or wood alcohol.

**Grease.** For washable materials, use warm water and soap. For silk or wool, use clean white blotting paper, a piece on each side of the stain, and iron with a warm iron. For coarse materials, use cornmeal or salt, brushing off as the cornmeal or salt absorbs the grease, and repeating. Chloroform, benzol, naphtha or gasoline may also be used for sponging off grease stains, especially where dirt is mixed with the grease, but these agents must be used with care.

**Ink.** Printing ink stains may be removed by rubbing the stain thoroughly with lard, and then washing with soap and warm water. For writing inks, try washing with soap and water first. Then try cornmeal or salt or French chalk or talcum powder, brushing off as the ink is absorbed and repeating. If this is not successful, soak the stains in milk for 1 or 2 days, changing the milk as it becomes discolored. Or rub the stains with a cut lemon, squeezing on some of the juice and rinsing frequently.

**Iodine.** Make a weak solution (1 tablespoon to 1 pint of water) of baking soda, sal soda (washing soda), or borax. Wash stains in the solution and then rinse in cold water. Iodine stains are ordinarily brown, but on starchy goods are blue.

**Iron Rust.** Rub lemon juice and a little salt on the stains and bleach in the sun. Repeat or add more lemon juice, if necessary.

**Mildew.** Moisten the stains with lemon juice, or soak overnight in sour milk, and bleach in the sun without rinsing. Or dissolve 1 pound of sal soda in 1 quart of cold water and add  $\frac{1}{4}$  pound of calcium hypochlorite. Apply with a medicine dropper, and immediately after apply oxalic acid solution and then rinse. The immediate use of oxalic acid is to neutralize the first mixture and prevent it from harming the material. Repeat, if necessary.

**Milk and Cream.** Use cold water. Do not use hot water, or stains will set. After using cold water, wash with soap and warm water. If material is not washable, after using cold water sponge with chloroform, gasoline or benzol.

**Paint.** Dip in acetone and squeeze out. Material does not need to be washed if acetone is used, and it will dry very rapidly. If acetone is not available, use turpentine or benzol. Then wash with warm water and soap.

**Perspiration.** Use soap and warm water and bleach after washing in the sun. If this is not successful, try potassium permanganate. Dissolve 1 teaspoon of potassium permanganate crystals in 1 pint of water. Drop this with a medicine dropper on the stains and allow to stand for 5 minutes. Then apply lemon juice to remove brown stains which are left. Be careful in using potassium permanganate on colored materials to test it first on some unexposed portion of the material to be sure that it will not remove the color.

**Soot.** If soot stains cannot be removed by soap and water, use cornstarch, cornmeal, French chalk, or salt, brushing off as stains are absorbed. Then wash or sponge the material. If this is not successful, use chloroform, gasoline or benzol.

**Tar, Asphalt, or Road Oil.** Apply turpentine to the stains and then wash thoroughly with soap and hot water. If this is not successful, use chloroform or benzol and then wash with soap and hot water. Or try rubbing in lard and then washing with soap and hot water.

**Tea.** If washing with soap and warm water is not successful, apply lemon juice and bleach in the sun. Keep the stains covered with lemon juice during the bleaching.

**Varnish.** Rub with wood or grain alcohol or ether. Then wash with warm water and soap.

## TREATMENT OF BURNS

For superficial burns, apply immediately olive oil, sweet butter, lard, vasoline or soap. A deep-seated burn should be treated as a wound, and preferably by a doctor.



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